

Creative Vegetarian Cooking



RADHA SOAMI SATSANG BEAS

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INTRODUCTION

People may have spiritual, moral, humanitarian or health reasons for adopting a vegetarian diet. As vegetarianism becomes more popular throughout the modern world, more and more people realize that the diet can be just as varied and satisfying as any other.

It is thought by many that a meatless diet does not fulfil our protein requirements. This is not correct. Vegetarian foods are nutritious, and a well-balanced vegetarian diet contains all the elements required for a healthy life. It is also common knowledge that a vegetarian diet is advocated in cases of high-stress diseases, such as blood pressure, heart conditions and different types of cancer.

Look at the cookbook shelf in any household and there will be books from all traditions, countries and cultures. Whether a busy mum, a newly married spouse, a student enjoying the first taste of independence, a host or hostess who enjoys feeding his or her friends—can one ever have enough new recipes?

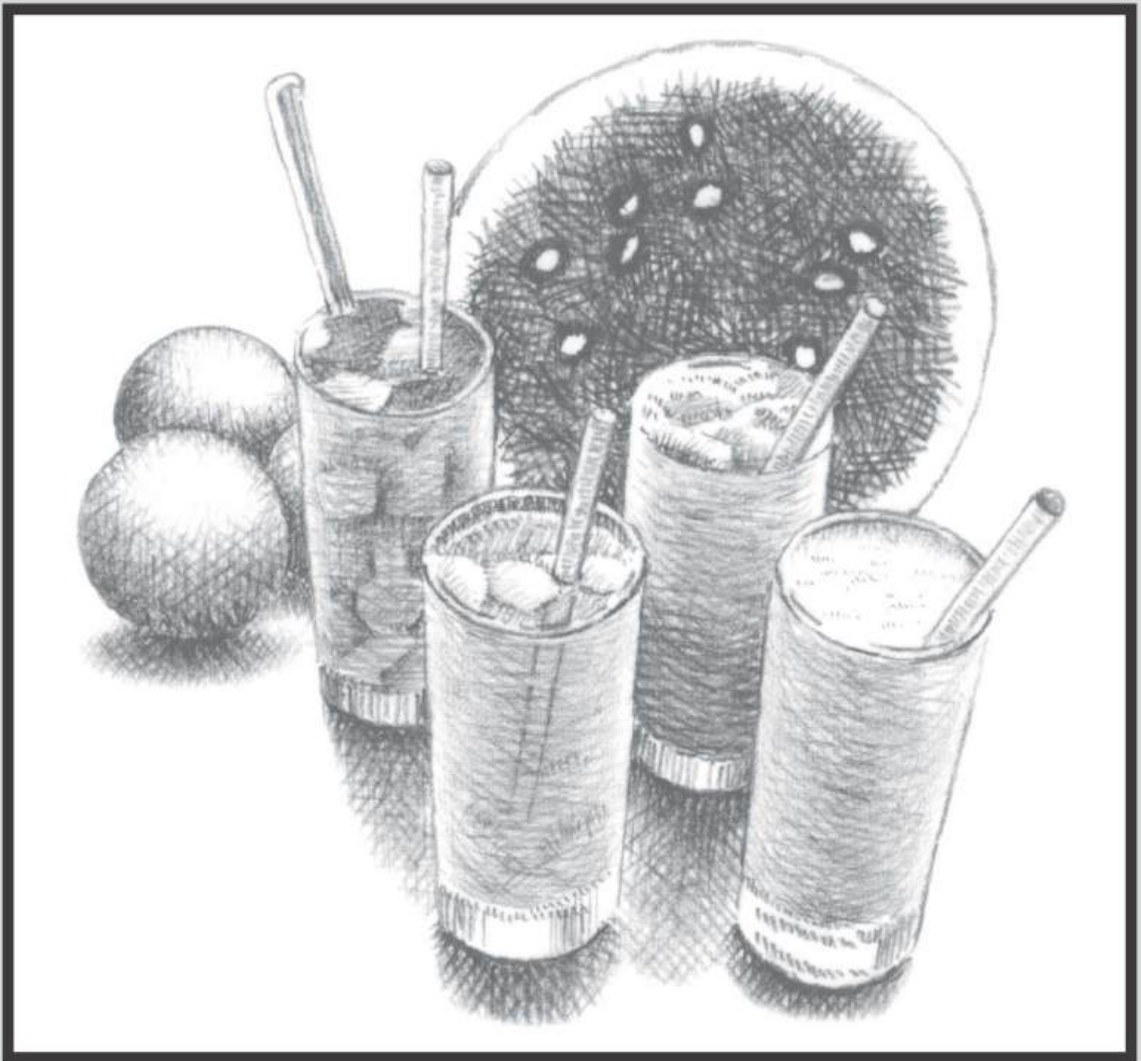
This lacto-vegetarian cookbook contains a wide range of simple international recipes reflecting today's multi-cultural societies. The book was prepared in Hong Kong and blends the traditions of Indian cooking with influences from China, Japan and the West. A few recipes may contain oriental ingredients that are not available to every reader. The imaginative cook will no doubt substitute his or her own ingredients, while others may choose to acquire them on their travels or through family and friends.

Permission to reprint this book, which was originally published commercially in Hong Kong, has been generously given to Radha Soami Satsang Beas by the author.

CONTENTS

BEVERAGES	1
SALADS	8
SOUPS	15
BREAD BITES	24
SNACKS	31
TIDBITS	47
MAIN DISHES	64
INDIAN BREADS	94
RICE VARIETY	97
DESSERTS	108
COOKIES & CAKES	126
JAMS	138
PARTY FAVOURITES	140
TEA & COFFEE	144
GLOSSARY	146
CONVERSIONS	150
INDEX	151

BEVERAGES





BANANA PUNCH

Ingredients:

4 cups water
2 cups sugar
1 lt pineapple juice
500 ml orange juice
4 large bananas
Juice of 2 lemons
gingerale

Preparation Method:

Heat water and sugar in a pan to prepare a light syrup. In blender, blend orange juice and slices of bananas. Mix all ingredients, except gingerale. Makes about 2 litres of mixture. Freeze overnight. Remove from freezer a short while before serving for easier scooping. Fill quarter of each glass with fruit mixture. Fill glasses with chilled gingerale.

BUTTERMILK DRINK

Ingredients:

400 ml milk
2 lts buttermilk
1 cup sugar
3 cups pineapple bits
pistachios for garnishing

Preparation Method:

Blend all ingredients in a blender and refrigerate. Serve in glasses. Garnish with chopped pistachios. Decorate with lime slices and cherry.

- Makes 12 glasses

FRUIT PUNCH

Ingredients:

2 cups orange pulp
2 cups frozen peach slices
2 bottles chilled lemonade

Preparation Method:

Blend first two ingredients in a blender. Blend until smooth. Stir in chilled lemonade. Serve over ice in tall glasses. Decorate with lime slices and cherries.

- Makes 10 glasses



ICE CREAM SODA

Ingredients:

ice cream
soda water
rose syrup

Preparation Method:

Pour 2-3 tablespoons of rose syrup in a glass. Fill 3/4th of a glass with soda. Add a scoopful of ice cream.

INDONESIAN COCONUT COOLER

Ingredients:

4 whole coconuts grated
without the brown skin
12 tsps agar agar powder
7 tbsps sugar
salt to taste
fresh coconut water
rose syrup(optional)

Preparation Method:

Strain grated coconut through a muslin cloth, adding a little water at a time, to extract coconut milk. Repeat process until the liquid comes out clear. Makes about 2 litres of liquid. Add sugar and salt and bring to boil. Dissolve agar agar powder in a little quantity of coconut milk, transfer to the boiling mixture, stir for a minute and remove from heat. Cool and set mixture in refrigerator. Add few spoonfuls of mixture in glasses over 2-3 ice cubes. Fill glasses with chilled coconut water. Drip a thin stream of rose syrup and serve.



MELON MAGIC

Ingredients:

*6 cups water melon pulp
1 cup rose syrup
chilled soda water
crushed ice
vanilla ice-cream
(1 scoop per serving)*

Preparation Method:

Mix rose syrup with water melon pulp in a large pan. To serve, fill quarter of glass with pulp mixture. Top with crushed ice and fill 3/4 glass with soda water. Add a scoop of ice-cream.

PARTY SHERBET

Ingredients:

*2 lts 7-Up
2 lts lime sherbet
3 cans (850 gms) fruit cocktail,
drained*

Preparation Method:

Mix all ingredients together. Serve chilled in tall glasses with drinking straws and dessert spoons. Decorate with lime slice.

- Makes 20 glasses

Hint: Substitute for canned fruits, fresh fruits such as melons, pineapple, bananas, peaches, papayas. Fruits should be ripe enough but not over ripe.



MANGO MILK SHAKE

Ingredients:

*pulp of 2 mangoes
4 glasses of chilled milk
4 tbsps of rose syrup
almonds and
pistachios (optional)*

Preparation Method:

Blend first three ingredients in a blender for 30 seconds. Pour in glasses and garnish with chopped almonds and pistachios. Serve chilled.

Variation: For *Papaya Milk Shake* substitute mango pulp with 1 cup of papaya pulp.

MANGO YOGURT DRINK

Ingredients:

*250 gms natural yogurt
100 ml water
pulp of 2 mangoes
preferably Alphonso mangoes
crushed ice
sugar to taste
1 tsp cardamom*

Preparation Method:

Blend all ingredients thoroughly. Pour in tall glasses and sprinkle cardamom.

- Makes 6-8 glasses

Variation: For a plain yogurt drink substitute mango pulp with 100 ml water. Add salt or sugar to taste.



MILK COOLER (THANDAI)

Ingredients:

20 almonds
2 tsp aniseed
2 tsp poppy seeds
2 tsp cumin seeds
8 cardamoms
10 tsps sugar
2 tsps peppercorns
400 ml water mixed with
400 ml fresh milk

Preparation Method:

G grind aniseed, poppy, cumin seeds, cardamom and black pepper together. Grind almonds separately. In a large bowl, put in dry pounded ingredients together with a little mixture of water and milk. Mix well and strain juice through a muslin cloth. Repeat process until all milk mixture is consumed. Add sugar and stir well. Chill.

- Makes 4-5 glasses

LIME SHERBET

Ingredients:

1/4 cup sugar
500 ml cold water
juice of 3 lemons
sliced lime for garnishing
crushed ice (optional)

Preparation Method:

In a cold jar of water, stir in sugar to dissolve. Add lemon juice, mix well. Serve over ice, in tall glasses and float lime slice in each glass.

Variation: For *Sweet Lime Soda*, add lime juice and sugar syrup (can be substituted with rose syrup or mint flavoured syrup) in serving glasses and pour soda water.



PARTY PUNCH

Ingredients:

2 lts pineapple juice
1 lt orange juice
1 lt lemonade
200 ml mango-orange sorbet
(see recipe in the book)
1 lt ice-cream (your choice of
flavour)
vanilla ice cream
(1 scoop per serving)
gingerale

Preparation Method:

Mix all juices together. Add mango-orange sorbet. Cut 1 litre of ice cream into cubes, add to juice mixture and freeze. Remove from freezer a short while before serving. Shave few spoons in tall glass. Add gingerale. Top with vanilla ice-cream and serve.

- Makes 20-24 glasses

SHERBET PUNCH

Ingredients:

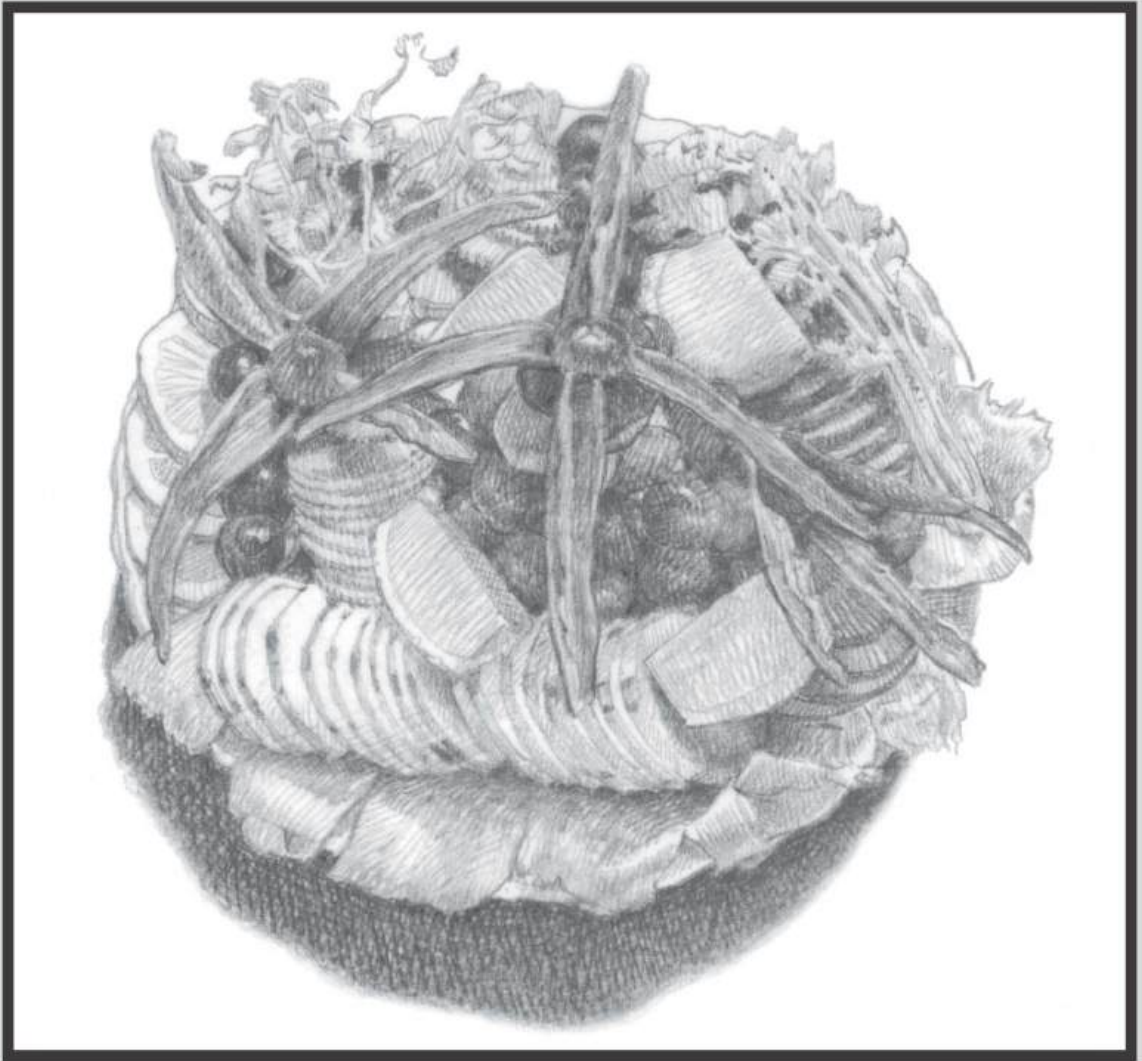
1/2 lt sherbet (any flavour)
1 lt pineapple juice
1 lt orange juice
1 lt apple juice
2 lts gingerale

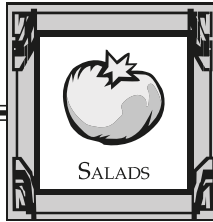
Preparation Method:

Chill all juices together with sherbet, then combine it with the gingerale. Serve in tall glasses.

- Makes 22 glasses

SALADS





RUSSIAN SALAD

Ingredients:

*50 gms potatoes, peeled,
boiled and cubed
50 gms frozen green peas, thawed
50 gms carrots, parboiled
50 gms turnips, chopped
1/2 head lettuce, shredded
eggless mayonnaise for dressing*

Preparation Method:

In a salad bowl mix all ingredients. Drizzle dressing over the dish and serve.

- Serves 4-6

Hint: Substitute mayonnaise with avocado sauce. Do not marinate. Toss and serve immediately.

GREEK SALAD

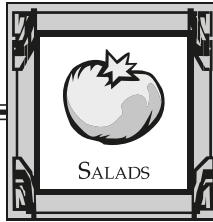
Ingredients:

*1 tin artichoke hearts, drained
250 gms feta cheese, crumbled
4 tomatoes, quartered
100 ml salad oil
juice of one lemon
salt and pepper to taste*

Preparation Method:

Marinate artichoke hearts in salad oil and set aside for an hour. In a bowl, toss artichoke hearts and feta cheese. Transfer to a salad dish and surround the mixture with tomatoes. Sprinkle lemon juice, salt and pepper.

- Serves 4-6



SALAD SURPRISE

Ingredients:

1 cup canned kidney beans, drained
1 cup cooked macaroni
1 cup pineapple tidbits
1 cup canned corn kernels
1 cup raisins
4 carrots, grated
4 tomatoes, chopped
4 small cucumbers, peeled and julienned
eggless mayonnaise
lettuce leaves
chopped nuts for garnishing

Preparation Method:

On a bed of lettuce leaves, in a shallow salad dish, arrange the first eight ingredients in alternating colours. Refrigerate until served. To serve, drizzle enough mayonnaise over the dish and garnish with chopped nuts.

- Serves 6-8

GADO GADO

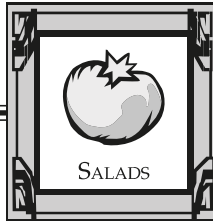
Ingredients:

1/4 kg cabbage, cut into pieces and parboiled
1/4 kg cauliflower, boiled and cut into florets
1/4 kg carrots, diced
3 potatoes cooked and thinly sliced
1 head lettuce shredded
3 cucumbers, seeded and sliced
4 cakes fried bean curd, sliced
peanut sauce (see recipe)
4-5 shallots (fried)

Preparation Method:

In a serving bowl mix all vegetables and bean curd. Top with peanut sauce and sprinkle with fried crispy shallots.

- Serves 6-8



PAPAYA SALAD

Ingredients:

*1 raw papaya,
peeled and grated
2 cloves garlic, pounded
1/2 tsp red chilli powder
1 tomato, sliced
1 cucumber,
seeded and grated
2 tbsps brown sugar
juice of 2 large lemons
salt to taste
lettuce leaves
carrots & beans for decoration*

Preparation Method:

Mix all the ingredients except tomato and lettuce. Arrange papaya mixture on a bed of lettuce leaves. Decorate with sliced tomatoes, carrots and beans.

THAI SALAD

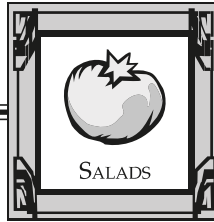
Ingredients:

*1 red pepper
1 yellow pepper
1/2 head broccoli, parboiled
2 onions, thinly sliced
2 cucumbers, peeled and chopped
1/4 head cabbage, shredded
1/4 cup lemon juice
3-4 tbsps of chilli sauce
pinch of salt and sugar*

Preparation Method:

Cut peppers into slices. Separate broccoli into florets. Separate the onion slices into rings.

Mix all ingredients in a large salad bowl and serve.



CUCUMBER BOAT

Ingredients:

2 cucumbers
2 cherries
1/4 cup grated
cheddar cheese
1 green pepper, pitted and
chopped
1 tomato, finely chopped
1 onion, finely chopped
1 carrot, grated
parsley for garnishing

Preparation Method:

Cut cucumber lengthwise. Scoop out insides. Arrange tomato, pepper, onion and carrot in it. Sprinkle grated cheese on top. Finally, top each cucumber boat with a cherry and sprinkle parsley.

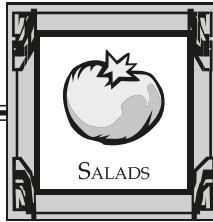
CARROT SALAD

Ingredients:

1 carrot, peeled and sliced
1 onion, sliced
1 green pepper, sliced
your choice of dressing

Preparation Method:

Arrange sliced peppers on a serving platter. Top with a layer of onion slices and finally top with carrot slices. Dot with tomato ketchup. Drizzle dressing over dish and serve.



BEAN SALAD

Ingredients:

1 cup green beans, boiled and drained
1 cup yellow beans, boiled and drained
1 cup red kidney beans, boiled and drained
1 cup garbanzo beans, boiled and drained
1 onion sliced
1 green pepper sliced
3 stalks celery sliced
1/2 cup water
1 tsp salt
vinaigrette or french dressing (eggless)

Preparation Method:

Boil salted water in a pan and add drained beans. Simmer, covered, for 5 minutes. Drain and cool. Combine all ingredients except salad dressing. Refrigerate until ready to serve. Before serving, drain and toss with salad dressing.

- Serves 6-8

BAKED POTATO SALAD

Ingredients:

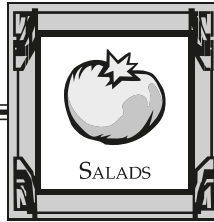
1 kg potatoes, peeled, cubed and parboiled
1/4 cup olive oil
8 shallots, minced
1/2 tsp fresh thyme leaves
1/2 tsp fresh rosemary leaves
chopped parsley for garnishing
5 cloves chopped garlic
dash of black pepper
juice of half a lemon
2 tsps paprika
1 tsp salt

Preparation Method:

Heat the olive oil in an oven dish. Stir-in potatoes. Cook for about 10 minutes or until potatoes are slightly soft. Add shallots, thyme, rosemary, black pepper, paprika, salt and garlic. Toss well to coat the potatoes evenly.

Bake for another 5 minutes. Toss with lemon juice and parsley. Serve hot.

- Serves 6-8.



BAMBOO SHOOTS SALAD

Ingredients:

*2 cups canned sliced
bamboo shoots
2 stalks spring onions, chopped
1 small onion, finely chopped
2 cloves garlic, minced
1 tbsp lime juice
1 tbsp soya sauce
1 tbsp chilli sauce
1/4 cup parsley*

Preparation Method:

Heat a tablespoon of oil in a saucepan. Sauté onion and garlic until golden brown. In a bowl combine bamboo shoots, soya sauce, chilli sauce, lime juice, spring onions and onion-garlic mixture. Place on a serving platter, garnished with parsley.

- Serves 4-6

SPAGHETTI VEGETABLE SALAD

Ingredients:

*3 cups spaghetti
1 cup cucumber, diced
1 cup tomato,
seeded and diced
1 cup onion, finely chopped
1 cup chopped celery
1/2 cup green pepper,
pitted and chopped
1 cup grated cheddar cheese
Italian dressing (eggless)*

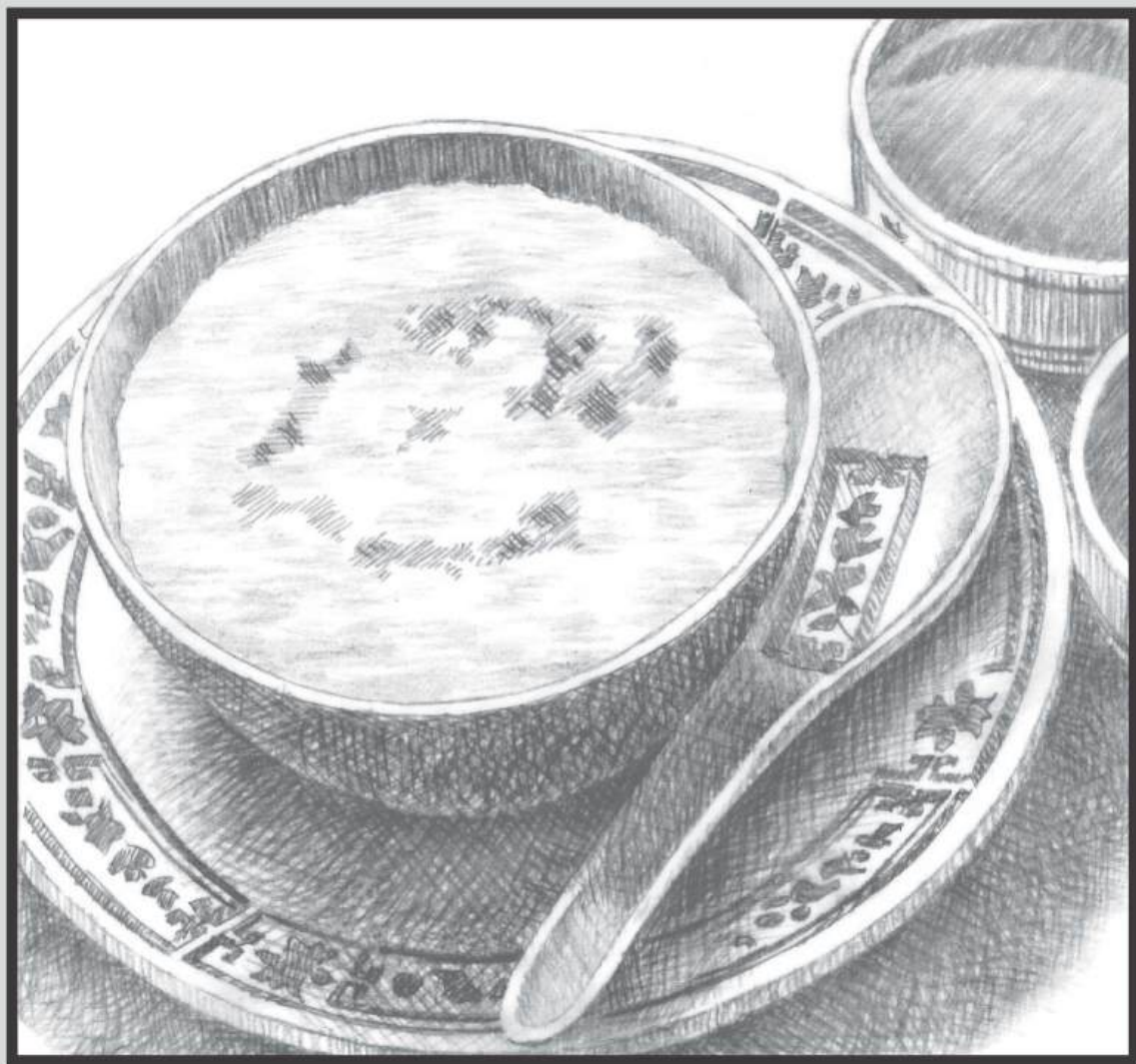
Preparation Method:

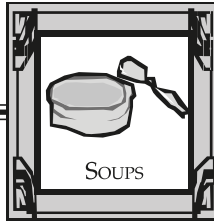
Break spaghetti into pieces. Boil salted water and cook spaghetti in it. Drain.

Mix together vegetables and cooked spaghetti. Sprinkle grated cheese. Pour some Italian dressing. Toss lightly. Refrigerate until served.

- Serves 6-8

SOUPS





CREAM OF PUMPKIN SOUP

Ingredients:

1 kg pumpkin,
peeled and diced
2 medium onions, diced
4 tbsps butter
1 cup milk
4 cups water
4 tbsps melted butter
3 tbsps flour
1/2 cup cream
salt and pepper to taste
1 tsp soya sauce

Preparation Method:

Melt 4 tablespoons butter in a large saucepan. Add pumpkin and onions and sauté for 2 minutes. Sprinkle salt and pepper into the pan and add water. Cover and let simmer for an hour or until vegetables are tender. Remove pan from heat and let cool. Pour into blender and blend until very smooth. Mix melted butter, flour and milk to make bechamel sauce. Add this sauce to pumpkin mixture. Return pan to heat. While serving, spoon 1 teaspoon of cream in soup bowls and pour hot soup. Sprinkle pepper and soya sauce on top.

- Serves 6-8

ASPARAGUS CHEESE SOUP

Ingredients:

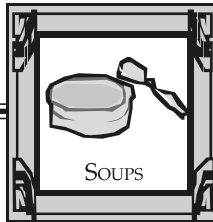
1/4 cup butter
1/4 cup flour
1 tbsp salt
1/8 tsp nutmeg
1/8 tsp pepper
1 lt milk
2 (10 oz.) packages, frozen
asparagus thawed and chopped
2 cups grated cheddar cheese

Preparation Method:

Melt butter in a saucepan. Blend in flour, salt, nutmeg and pepper. Remove from heat and stir in milk. Return to heat, stirring constantly, until thickened. Add asparagus and a cup of water. Simmer for further 10 minutes or until asparagus is tender. Remove from heat and stir in cheese until melted. Heat on tiny flame, if required. Garnish with paprika, if desired.

- Serves 8

Variation: For *Cheddar Cheese Soup* omit asparagus.



CARROT SOUP

Ingredients:

*1 kg carrots, chopped
2 stalk celery, chopped
2 cups water
1 cup white sauce
(see recipe in this book)*

Preparation Method:

Boil water and cook carrots and celery. Mash and strain vegetables. Add white sauce to the soup and simmer for 5-10 minutes. Serve hot.

- Serves 6-8

MINISTRONE SOUP

Ingredients:

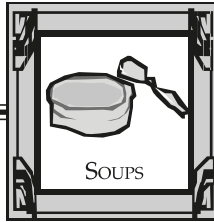
*4 carrots,
peeled and chopped finely
2 small turnips,
peeled and chopped finely
2 potatoes,
peeled and chopped finely
2 sticks celery, chopped finely
4 large tomatoes,
blanched peeled and pureed
1 small leek,
washed and shredded
1 cup shredded cabbage
3 cups water
25 gms butter
2 cloves garlic
25 gms spaghetti
salt and pepper to taste
1 cup cream cheese*

Preparation Method:

Heat butter in a heavy pan. Add carrots, turnips, potatoes, celery and garlic. Sauté until transparent. Add water and bring to boil. Cover and simmer for 15 minutes or until vegetables are tender. Add tomatoes, cabbage, leek and spaghetti pieces. Bring to boil again. Continue cooking on tiny flame for 15 minutes.

Sprinkle salt and pepper. Serve hot in soup bowls garnished with cream cheese.

- Serves 6-8



MUSHROOM SOUP

Ingredients:

60 gms variety of canned mushrooms
4-5 bread croutons per serving
125 ml vegetable stock
2 tbsp oil
1 tbsp soya sauce
salt to taste

Preparation Method:

In a pan, heat oil and sauté mushrooms for 2 minutes. Bring vegetable stock to boil, add mushrooms, salt and soya sauce. Boil for 2-3 minutes. Serve hot with bread croutons.

- Serves 2

CABBAGE CHOWDER

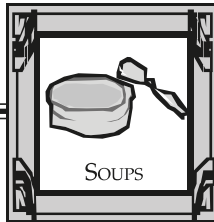
Ingredients:

1 head cabbage
1 small onion, finely chopped
4 tomatoes, blanched, peeled and pureed
2 green peppers
1/2 cup white sauce
20 gms cheddar cheese, grated
1/4 tsp paprika
salt and pepper to taste
300 ml water
1/4 cup fresh coriander

Preparation Method:

Cut tops off green peppers, scoop seeds and pith, rinse and chop. Remove outer layer of leaves from cabbage and discard any discoloured leaves. Wash and chop cabbage finely. Bring salted water to boil in a pan, plunge cabbage, onions and green peppers and simmer for 15 minutes. Add white sauce to vegetable mixture and stir well. Add tomato puree and mix well. Sprinkle cheese and paprika. Stir well until cheese has melted. Remove from heat, garnish with fresh coriander and serve hot.

- Serves 2-4



CREAM OF SPINACH SOUP

Ingredients:

*200 gms spinach leaves,
washed and chopped
1 small onion, finely sliced
1 tomato, chopped
2 stalks celery, chopped
2 cloves garlic, crushed
4 cups water
1/4 tsp turmeric powder
1/2 can cream style corn
salt and pepper to taste*

Preparation Method:

Mix first 7 ingredients in a pan and boil for 5 minutes. Remove from heat and let stand, covered for 5 minutes. Blend. Bring back to heat and boil. Add corn, salt and pepper. Bring to boil again, stirring continuously. Remove from heat. Serve hot in soup bowls. Dot with cream and sprinkle some bread crumbs.

- Serves 4-6

CREAM OF CORN SOUP

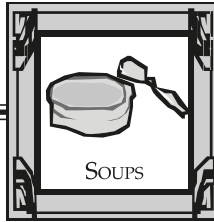
Ingredients:

*1 can cream style corn
1 tbsp butter
1 tsp flour
1/2 cup milk
1 cup water
1/4 cup fresh cream
salt and pepper to taste*

Preparation Method:

Melt butter in a large pan. Add flour, milk and water. Keep stirring for 2 minutes until mixture is thick. Avoid lumps. Add corn and cook for 5 minutes on low flame. Add cream and bring mixture to boil, stirring constantly. Serve hot.

- Serves 4



GREEN PEA SOUP

Ingredients:

*2 cups fresh green peas
1 small onion, finely chopped
1 clove garlic, minced
4 cups water
4 tbsps butter
2 tsps oil
1/4 cup cream
salt and pepper to taste*

Preparation Method:

Heat oil in a large saucepan. Add onions and sauté for one minute. Add garlic, peas and water. Bring to boil. Add salt and continue cooking on low heat until peas are tender. Strain. Add cream. Mix well. Serve hot. Dot with butter and sprinkle pepper in individual soup bowls.

- Serves 4-6

LENTIL SOUP

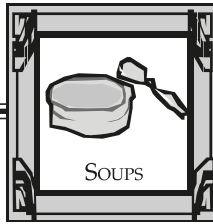
Ingredients:

*1 cup masoor (orange lentil)
2 onions, finely chopped
4 tomatoes, blanched,
peeled and pureed
7 shallots
5 tbsps ghee or clarified butter
2 cloves garlic, minced
5 gms ginger, minced
5 red chillies, finely chopped
1/2 tsp cumin seeds
1 tsp coriander seeds
1/4 cup parsley
salt to taste*

Preparation Method:

Clean, wash and pressure cook masoor in 4 cups of salted water. Add shallots and simmer for 5 minutes. Heat ghee/butter in saucepan, fry onions for 3 minutes, then add ginger, garlic, cumin, chillies and coriander and fry for further 3 minutes. Transfer fried mixture to lentil mixture. Pour in tomato puree and simmer for 10 minutes. Serve in soup bowls garnished with parsley.

- Serves 4-6



CREAM OF TOMATO SOUP

Ingredients:

400 gms tomatoes, chopped
1 stalk celery, chopped
50 gms carrots, chopped
20 gms turnips,
peeled and chopped
1 small onion,
finely sliced
1 cup white sauce
(see recipe in this book)
500 ml water
salt and pepper to taste
butter

Preparation Method:

Cook tomatoes and vegetables in water. Strain through a sieve or puree using a food processor. Add white sauce. Return to heat and warm - do not boil. Place 2-3 fried croutons in soup bowls and pour soup. Serve garnished with parsley.

- Serves 4-6

For Fried Croutons: Remove crust from bread slices or use crustless bread. Cut into 6 pieces and deep fry in hot oil until golden brown. Alternatively, tomato soup can be served with butter toast.

Hint: White sauce may be omitted from soup recipe and clear soup can be boiled with cooked macaronis. Simmer for 5 minutes to a thick consistency. Serve hot.

POTATO SOUP

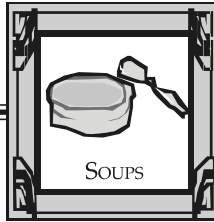
Ingredients:

750 gms potatoes
1 lt water
salt to taste
200 gms cabbage
200 ml olive oil
bread croutons
parsley for garnishing

Preparation Method:

Peel, cut, wash and cook potatoes in salted water. Boil shredded cabbage in salted water for 2 minutes. Drain and rinse with cold water. Blend potatoes with water in a blender and mix in shredded cabbage and olive oil. Heat through. Adjust seasoning. Serve hot in soup bowls with fried bread croutons.

- Serves 6-8



MISO SOUP (JAPANESE FAVOURITE)

Ingredients:

5 cups water
1 cake bean curd
8 fresh straw mushrooms
1 pc kelp (seaweed)
20 gms akamiso
(red miso)
40 gms shiromiso
(white miso)
5 tbsps brown soya beans
chopped spring onions
for garnishing

Preparation Method:

Bring water and kelp to boil together. Remove kelp. Add miso (or 3-4 tablespoons of miso paste dissolved in pan liquid), mushrooms and bean curd. Bring to boil and simmer for 5 minutes, then add soya beans. Cover and simmer for 2 minutes. Garnish and serve in soup bowls.

- Serves 6-8

CREAM OF VEGETABLE SOUP

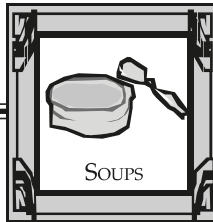
Ingredients:

100 gms cauliflower,
cut into florets
100 gms carrots, chopped
2 onions, finely sliced
2 turnips, peeled
and sliced thin
1 cup frozen or fresh green peas
4 cups water
100 gms butter
1 cup whipped cream
salt and pepper to taste

Preparation Method:

Melt butter in a large saucepan and add cauliflower, carrots, turnips and onions. Sauté until golden brown. Pour water, then add peas, salt and pepper. Bring to boil. Reduce heat and simmer until vegetables are tender. Puree all ingredients using a food processor. Stir in cream, blend well. Serve hot.

- Serves 6-8



MOCK SHARK'S FIN SOUP

Ingredients:

*100 gms white fungus
1 carrot, finely sliced
2 cans cream style corn
1 lt water
1 slab soft beancurd,
cubed and deep fried
substitute soft beancurd
with home-made cottage cheese,
if desired
4 stalks spring onions,
chopped
1 tbsp ajinomoto
3 tsps soya sauce
1 tsp vinegar
1 tsp cornstarch dissolved
in 1/2 cup water
salt and pepper to taste*

Preparation Method:

Soak fungus in water for few minutes and chop into small pieces. Bring water to boil in a large pan and stir in corn. Add beancurd, carrot and fungus and bring back to boil. Simmer for 5 minutes. Meanwhile, heat 1 tbsp of oil in a saucepan and sauté spring onions. Add ajinomoto, vinegar, cornstarch and soya sauce. Mix well and remove from heat. Transfer mixture from saucepan to pan. Stir well and add salt and pepper. Continue cooking on low heat until sauce thickens. Serve hot.

- Serves 6-8

VEGETABLE STOCK

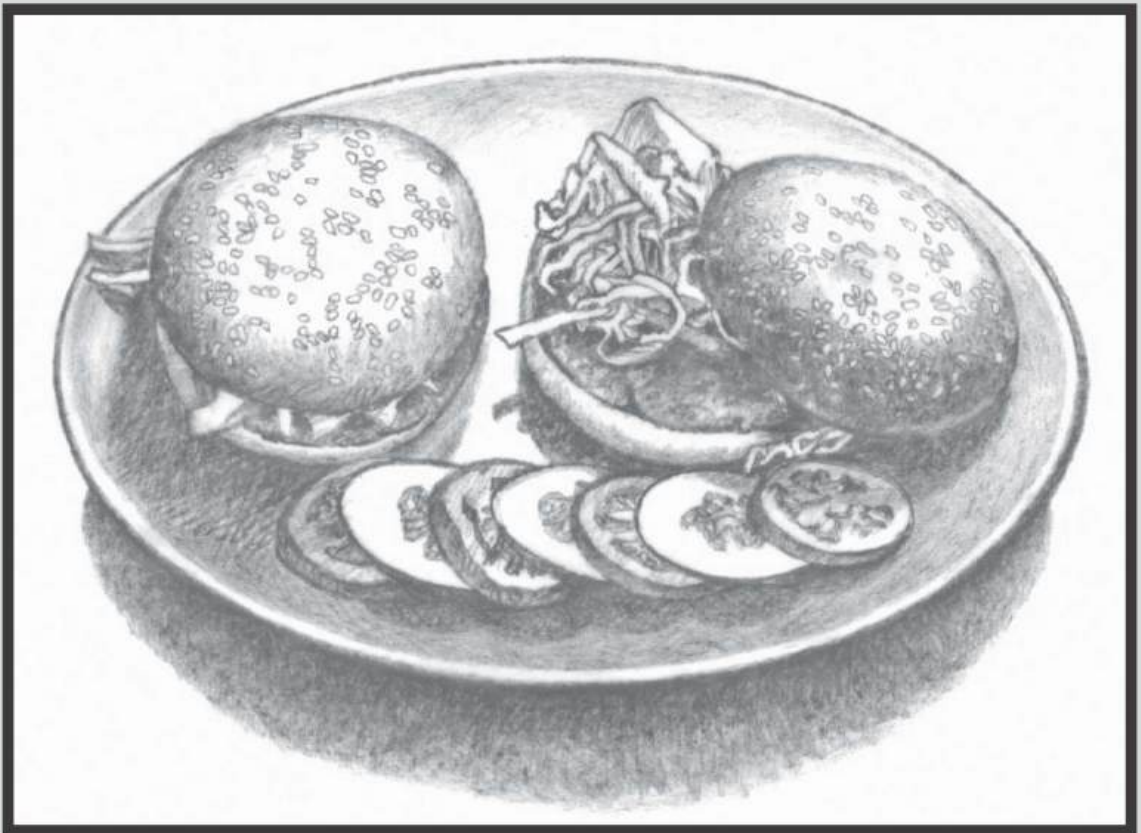
Ingredients:

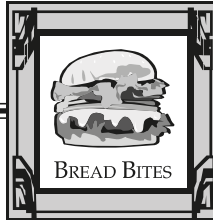
*1 large potato,
peeled and diced
1 large carrot, diced
1 small turnip, diced
1/4 head cabbage, shredded
1 medium onion, finely sliced
100 gms french beans, chopped
salt to taste
6 cups water*

Preparation Method:

Combine all ingredients in a large pan and bring to boil. Simmer covered for 20 minutes or until vegetables are tender. Strain and use as vegetable stock for your favourite delicacies.

BREAD BITES





ARABIC BREAD

Ingredients:

*4 cups plain flour
7 gms dry yeast in 5 tbsps
lukewarm water with
1/2 tsp sugar
1 tsp salt
2 tsps oil*

Preparation Method:

Sift flour and salt in a bowl. After about 15 minutes add yeast mixture. Knead well into a stiff dough by adding enough water. Add oil and knead again. Store covered with damp towel till dough doubles in size. Divide in small balls. Roll in circles of 1 cm thickness and set aside for another hour. Place dough in a preheated oven at 180 degrees C and bake till golden brown.

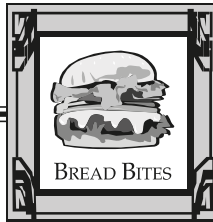
LOAF OF BREAD

Ingredients:

*300 gms flour
1 & 1/4 cup lukewarm water
1 tbsp sugar
20 gms fresh yeast
1 tsp salt*

Preparation Method:

Mix yeast, 1/4 cup water and sugar. Set aside for 15 minutes. Sift together flour and salt, then add yeast mixture. Knead for 10 minutes. Cover and let rise for 1 hour or until dough doubles in size. Punch down dough. Put in greased loaf pans. Let rise again until size doubles. Bake at 200 degrees C for 45 minutes.



PITA BREAD

Ingredients:

*7 gms dry yeast in 1 cup
lukewarm water
3 cups all purpose flour
salt to taste*

Preparation Method:

Sift flour and salt and knead with yeast mixture until dough is smooth and elastic. Divide dough into 8 equal portions. Roll each portion on a floured surface into circles of 5" diameter. Cover all circles with a cheesecloth and set aside in a warm place for an hour. Bake in a preheated oven at 230 degrees C until lightly browned and puffed. Pierce the centre of pita bread. Serve hot.

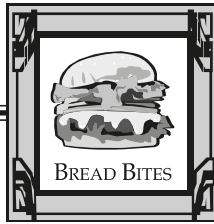
BREAD MUFFINS

Ingredients:

*20 gms fresh yeast in 1/2 cup
lukewarm water and 1 tsp sugar
6 cups flour
1 tsp salt
2 cups milk, boiled
1/4 tsp baking soda*

Preparation Method:

Sift flour, baking powder and salt. Add milk, sugar and yeast mixture to make a stiff batter. Leave covered in a warm place for about an hour. Put batter in cup cake tins that have been greased and sprinkled with plain flour. Sprinkle top of bread with plain flour. In conventional oven bake for 25 minutes at 200 degrees C.



BUN BREAD SANDWICHES

Ingredients:

bread buns
your choice of jam
butter
mixed fruit, finely diced
chaat masala

Preparation Method:

Split the buns horizontally in two equal halves. Spread both the halves with butter and layer it with jam. Sprinkle chaat masala over fruit, mix well. Layer one half of bun with mixed fruit and top with another half of bun. Repeat process until all bread buns are used up. Before serving cut buns in four pieces and arrange decoratively on a flat dish.

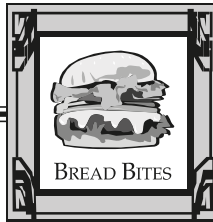
CHEESE TOAST WITH APPLE SAUCE

Ingredients:

4 slices of no-lard bread
4 slices cheese
nutmeg powder
1 cup apple sauce

Preparation Method:

Add a little nutmeg powder to apple sauce. Spread apple sauce on slices, about 3 tablespoons on each piece of toast. Top it with a slice of cheese. Grill in a kitchen oven until the cheese melts. Serve hot.



SPICY CHEESE TOAST

Ingredients:

6 slices of no-lard bread
6 slices of cheese
1 small onion, finely chopped
1 small tomato, finely chopped
1 green chilli, finely chopped
1/8 cup fresh coriander
butter
salt to taste

Preparation Method:

Spread butter on bread slices and place a slice of cheese. Mix the rest of ingredients and sprinkle a little of mixture over cheese slice. Grill in a kitchen oven until cheese melts.

HOT DOGS

Ingredients:

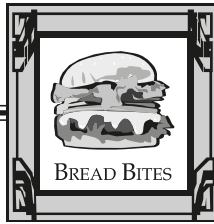
6 hot dog buns

Filling

*1 apple, peeled,
cored and chopped*
*1 potato, boiled,
peeled and finely sliced*
1 onion, finely sliced
1 tomato, finely sliced
*1 cucumber,
peeled and finely sliced*
stalk of celery, finely chopped
eggless mayonnaise
few drops of lemon juice
salt and pepper to taste
lettuce leaves

Preparation Method:

Coat fruit and vegetables except lettuce with mayonnaise. Add salt and pepper. Place a lettuce leaf between buns and stuff with the filling. Sprinkle lemon juice and press the buns firmly to enclose the filling.



DOUBLE DECKER DOLLARS

Ingredients:

*1 loaf of no-lard bread
butter
salt to taste
cream cheese
coconut-mint chutney
tomato ketchup*

Preparation Method:

Cut bread slices into circles with a biscuit cutter (2" diameter). Reserve the crumbs for use in other dishes. Spread butter on all circles. Prepare cream cheese sandwich with two circles. Spread coconut chutney on top of the cream cheese sandwich. Finally top it with buttered circle. Repeat process until all circles are used up. Arrange double decker dollars on a flat dish and dot each double decker dollar with tomato ketchup. One double decker dollar uses three rounds with two types of fillings. Try your own fillings and create a new variety of double decker dollars.

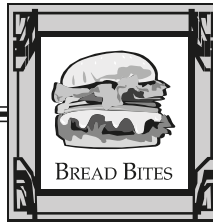
RIBBON SANDWICHES

Ingredients:

*18 slices of no lard crustless bread
tomato ketchup
mint chutney
butter*

Preparation Method :

Apply ketchup to 6 slices of bread and chutney to another 6 slices of bread. Butter the remaining slices on both sides. Take a ketchup slice, top with a buttered bread slice, finally top the two slices with chutney smeared bread slice. Repeat process till all slices of bread are used. This makes 6 sandwiches. Finally cut each sandwich, vertically into 4 strips. Arrange ribbon sandwiches horizontally on a serving platter exhibiting the tricolour.



PINWHEEL SANDWICHES

Ingredients:

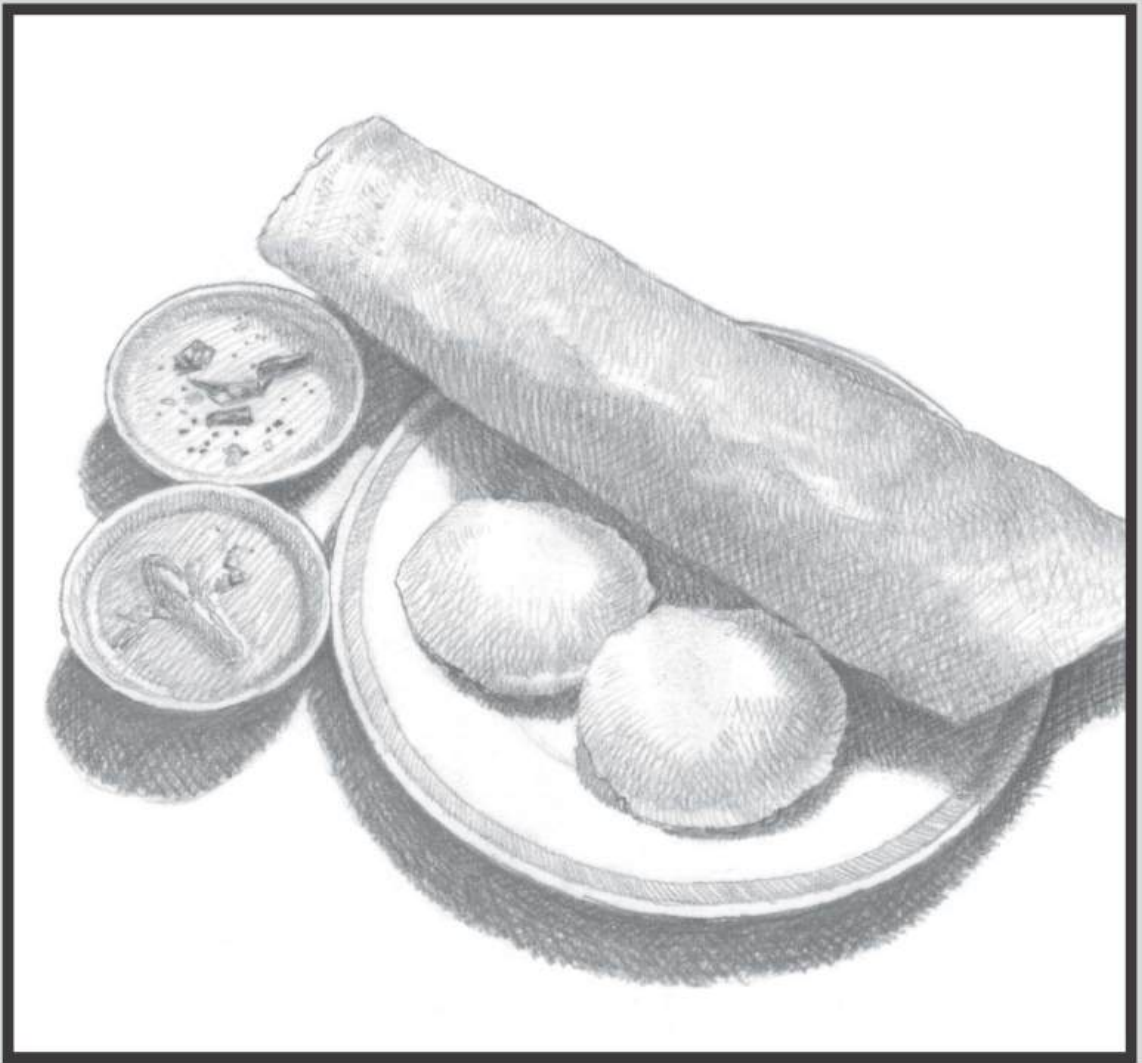
loaf of no-lard, crustless bread
your choice of jam
cream
butter

Preparation Method:

Thinly roll slices of bread with a rolling pin. Spread butter on all slices. Take three buttered slices, at a time. Spread cream over one buttered slice and top with another buttered slice. Finally spread jam on cream sandwich and top with third buttered slice. Roll the sandwich into a cylinder. Wrap the cylindrical tube tightly in wet cheesecloth. Repeat process until all buttered slices are used up. Refrigerate until served. To serve, unwrap and slice cylindrical tubes to form pinwheels.

Hint: Finely chopped nuts may be placed on one end of bread slices with jam or cream spread and rolled up in order to be in the centre of each cylinder, so that when sliced, each pinwheel has a garnish in the centre. Alternatively, serve sandwiches as rolls without slicing into pinwheels.

SNACKS





SATAYS

Ingredients:

2 beancurd slabs, cubed
1 tin mock-duck, cubed (optional)
1 capsicum, cubed
2 onions, chopped
1 cup button mushrooms
1 potato, cubed and fried

Sauce:

1 cup shallots, deep fried
6 fresh red chillies, chopped
1 thumb size piece ginger, minced
6 cloves garlic, minced
4 tbsps tamarind extract
4 tbsps ketchup
salt to taste
pinch of ajinomoto (optional)

Preparation Method:

Mix all ingredients of sauce and set aside. Deep fry beancurd and mock-duck. Marinate vegetables, mock-duck and beancurd in sauce and let stand for 2 hours. Arrange on satay sticks. Heat satay in oven.

Heat remaining sauce in oven and pour over satays while serving.

Satays can be served with Peanut Sauce (see recipe in this book) as well.

MUSHROOM VOL AU VENTS

Ingredients:

1 cup fresh mushrooms, chopped
4 tbsps white sauce
1 pack of vol au vents
4 tbsps melted butter
2 cloves garlic, minced
4 tbsps sour cream
4 tbsps cheese grated
salt and pepper to taste
chopped parsley for garnishing

Preparation Method:

Fry garlic and fresh mushrooms in butter and sauté for awhile. Add all ingredients and heat through. Stuff the mixture in vol au vents. Sprinkle little grated cheese and grill for few minutes. Garnish with parsley and serve.



CHEESE CUTLETS

Ingredients:

*500 gms potatoes,
boiled and mashed
500 gms cottage cheese
1/2 cup chopped fresh coriander
5 green chillies, finely chopped
2 cups cabbage, chopped
2 onions, finely chopped
5 slices of bread (no lard)
1-1/2 cup plain flour
salt to taste
100 gms breadcrumbs
oil for frying*

Preparation Method:

Soak bread slices in water for a minute. Squeeze out water and crumble in a bowl. Add crumbled cottage cheese. Mix in potatoes, chillies, coriander, cabbage, onion and salt. Shape into cutlets. Mix flour very well in 2 cups water. Dip cutlets in flour paste and roll in breadcrumbs. Deep fry in hot oil until golden brown. Serve hot with tomato ketchup.

CORN CHEESE CANAPÉS

Ingredients:

*1 can (8 oz) corn kernels
1/4 cup grated, cheddar cheese
1/4 cup home-made
cottage cheese
1 onion, finely chopped
1 green chilli, finely chopped
2 tbsps coriander, chopped
2 tbsps cornflour
2 tbsps butter
1 cup milk
1 cup yogurt
salt to taste
1 pack canapés*

Preparation Method:

Heat butter in a saucepan and sauté onions, chillies, cornflour, milk, yogurt, grated cheese and salt. Remove from heat and add crumbled cottage cheese and corn. Stuff mixture in canapés and bake in moderate oven until top layer is golden brown. To serve, arrange canapés on a large serving platter. Decorate with tomato slices and pineapple bits.



ONION CAKES

Ingredients:

*2 cups plain flour
or self-rising flour
6 stalks spring onions, chopped
2 tsps sesame oil
1 tsp white pepper
salt to taste
1/3 cup hot water
3 tbsps cold water
oil for frying*

Preparation Method:

Marinate spring onions with sesame oil, white pepper and salt. Keep aside. Knead flour with hot water. After a few minutes add enough cold water and knead well. Keep aside for an hour. Divide dough into 4-6 portions. Roll out each portion into very thin circles. Sprinkle spring onions evenly on each circle to cover the whole area. Roll over and then take one end and roll in like a pinwheel. Flatten slightly and deep fry or shallow fry until golden brown.

SEMOLINA CAKES

Ingredients:

*2 cups semolina
3 cups sour yogurt
salt to taste
1/2 tsp turmeric powder
1/2 tsp soda bicarbonate
1/2 tsp mustard seeds
8 curry leaves
1/4 tsp red chilli powder*

Preparation Method:

Mix semolina with yogurt, add salt, soda bicarbonate and turmeric powder. When well-mixed, steam in a pyrex dish or deep stainless steel plate for 30 minutes. To check if it is done, insert toothpick. It should come out clear. When cooked, cut into squares or diamond shapes. Sprinkle red chilli powder on top. Temper mustard seeds and curry leaves and pour over semolina cakes. Serve with mint-coconut chutney.



PIZZA CRUST

Ingredients:

*15 gms fresh yeast or
2 tsp dry yeast
2 cups lukewarm water
4 cups flour
1 tsp salt
1/2 tsp sugar
1 tbsp olive oil*

Preparation Method:

Add yeast in water and set aside for 5 minutes, stirring occasionally.

Combine flour, salt, sugar and oil in bowl and make a well in the centre. When yeast mixture is bubbly, pour into centre of well. Start kneading dough, bringing flour toward centre of bowl and gradually increase kneading motion. If dough feels dry, add a little more water. If it feels sticky, add more flour. Knead vigorously until dough is smooth and elastic.

Roll into ball and cover with a damp cloth. Let rest for about 20 minutes in warm place. Beat dough with your palm to expel gas formed while fermenting. Roll dough again into ball and place in a greased bowl. Cover with plastic wrap and refrigerate.

When ready to use, place dough on floured surfaced. Flatten with your hands, working from centre out. Divide in 4 portions. Push dough, a portion at a time, evenly onto a pizza pan, forming a 12-inch circle with edges thicker than middle. Spread your favourite topping. Bake in hot oven 230 degrees C until golden brown.



POTATO BONDA

Ingredients:

200 gms besan (*chick pea flour*)
or *all-purpose flour*
2 tsps salt
300 ml (*approx.*) water

Filling:

8 *medium sized potatoes,*
boiled and mashed
1 *small onion, finely chopped*
2 *tsps ginger paste*
2 *tbsps fresh coriander*
4 *green chillies, finely chopped*
1 *tsp garam masala*
1 *tsp roasted cumin seeds*
oil for frying

Preparation Method:

Blend flour and salt with water to make a smooth batter. Beat well and set aside. Thoroughly mix all ingredients for filling. Shape into round balls. Heat oil in a large saucepan. Immerse potato balls, few at a time, in batter and plunge in hot oil. Fry until golden brown. Serve hot with mint chutney or tomato sauce.

LENTIL BONDA

Ingredients:

115 gms urad dal (*lentils*)
2-3 *green chillies,*
finely chopped
1/4 *cup parsley*
1/8 *cup grated coconut*
5 *gms ginger, minced*
2-3 *peppercorns, crushed*
salt to taste
oil for frying

Preparation Method:

Clean, wash and soak urad dal for one hour. Drain and grind to a smooth paste in a grinder. Add salt, chillies, ginger, parsley and coconut. Heat oil in a large saucepan. Spoon mixture into hot oil and deep fry until golden brown. Serve hot with tomato ketchup or mint chutney.



POTATOES IN VERMICELLI BASKET

Ingredients:

*500 gms potatoes,
boiled and mashed
200 gms green peas, parboiled
1 cup vermicelli, crushed
1 cup vermicelli, fried
50 gms lettuce
250 gms green peppers, chopped
1 onion, chopped
1/4 cup fresh parsley
juice of half a lemon
Vegetable fat for frying
100 gms bread crumbs
1/2 tsp chilli powder
1/8 tsp turmeric powder
1/2 tsp coriander powder
1/2 tsp garam masala
salt to taste*

Preparation Method:

Braise onions and green peppers in oil until tender. Add peas, spices and salt to taste. Add bread crumbs and salt to the potato mixture, mix well and divide mixture into equal portions and shape into balls. Flour your hands and work each piece into oval shape and stuff with peas mixture. Roll each potato-roll in vermicelli. Heat vegetable fat in a large pan and deep fry potato-rolls. Cut rolls lengthwise in halves. Set fried vermicelli on a deep platter to resemble a basket. Place fried potato rolls.

Decorate with lettuce leaves and serve.

POTATO TARTLETS

Ingredients:

*1 kg potatoes
200 gms breadcrumbs
250 gms butter
1 tsp marjoram
salt and pepper to taste
juice of 1 lemon (optional)*

Preparation Method:

Grease tart cups with half the butter and line with half the breadcrumbs and put aside. Boil potatoes, cool, peel and mash. In a large bowl mix mashed potatoes with breadcrumbs and melted butter. Add marjoram, lemon juice and seasoning to taste. Mix well and fill each tart cup with the mixture and bake in an oven at 180 degrees C until nicely browned. Remove tartlets from tart cups and place on a serving plate. Serve potato tartlets with tomato ketchup.



VEGETARIAN OMELETTE

Ingredients:

*1/4 cup chick pea flour (besan)
1/4 cup all-purpose flour
1 tomato, blanched, peeled
and chopped
1/2 cup grated cheddar cheese
pinch of soda bicarbonate
1/2 cup water
1/8 cup fresh coriander leaves
1/8 cup finely chopped onion
1/4 tsp red chilli powder
1 green chilli, finely chopped*

Preparation Method:

Beat all the ingredients to a smooth batter. Adjust salt. Heat the griddle or non-stick pan and pour 3-4 tablespoons of oil. Ladle 3-4 tablespoons of mixture on pan and spread with the back of spoon. Let it rise. Reduce heat and cook on both sides until golden brown. Serve hot.

CHEESE BALLS

Ingredients:

*150 gms cheese, grated
100 gms bread crumbs
100 gms butter
2 cups flour
2 cups milk
1 green chilli, chopped
1 small onion, chopped
1/4 cup parsley
salt to taste*

Preparation Method:

In a deep saucepan, warm milk and slowly add flour to avoid lumping. Add butter. When mixture thickens, add breadcrumbs and heat for a minute more. Remove from heat and add cheese, onion, parsley, chilli and salt. Blend well. Mixture should be thick enough to shape into small balls. Drop into hot oil and deep fry until golden brown. Drain and place on paper towels. Serve hot with tomato ketchup.



RICE DUMPLING WITH SOUP

- IDLI SAMBAR

Ingredients:

450 gms rice
225 gms urad dal (lentils)
salt to taste
1/2 tsp fenugreek

Preparation Method:

Clean, wash and soak rice for about 30 minutes. Drain and dry on towel. Grind coarsely in a grinder. Soak lentils for an hour and grind with fenugreek until it is light and frothy. Mix the two pastes. Add little water, cover with cheesecloth and keep it overnight. Add a pinch of salt. Ladle 3-4 tablespoons of mixture in each depression of idli steaming equipment. Pour 1 cup of water in steamer, place stand with mixture, cover and steam for 6-7 minutes. Idli or rice-lentil dumplings can be served with mint coconut chutney or sambar (see following recipe).

Variation: Rice and lentil batter can be used to make *Pancakes*. Ladle 3-4 tablespoons of batter on non-sticking pan, spread with back of spoon and bake for 3-4 minutes on low heat. Stuff pancake while on pan with Bombay Potatoes (see recipe in this book) and roll to enclose the filling. Remove from heat and serve with lentil soup.



SAMBAR

Ingredients:

100 gms tur dal (lentils)
500 ml of water
100 gms pumpkin, peeled and diced
100 gms ladies fingers or okra, cut into 2-3 pieces
2 small onions, sliced
50 gms coconut, grated
6 gms red chillies
15 gms coriander seeds
1/4 tsp mustard seeds
1/4 tsp turmeric powder
1/4 tsp cumin seeds
1/4 tsp fenugreek
a sprig of curry leaves
1/4 tsp asafoetida
juice of half a lemon
or tamarind extract
salt to taste

Preparation Method:

Clean, wash and boil lentils in water together with turmeric powder. Add pumpkin, sliced onions and okra (ladies finger or bhendi). Cook until tender. Heat 2 tablespoons of oil in saucepan and lightly fry coriander seeds, cumin seeds, fenugreek, asafoetida and 3/4 of red chillies, then add coconut. Remove from heat when coconut is pale brown. Grind coconut and spices to a fine paste. Add paste to lentil soup along with lemon juice. Simmer for 5 minutes. Remove from heat. Heat 2 tablespoons of oil in a sauce pan and fry mustard seeds, red chillies and curry leaves. When mustard seeds crackle pour in lentil soup or sambar. Mix well and serve hot with rice dumplings or Idlis.

SPICED CHICK PEAS

Ingredients:

1/2 kg chick peas,
boiled and drained
1 tsp garam masala
2 tsps lemon juice
1 green chilli, chopped
1 small onion, chopped
1 small tomato, chopped
2 sprigs of parsley
salt to taste

Preparation Method:

Heat oil in saucepan. Add peas. Sauté for a minute and add all the ingredients, mixing thoroughly. Cook for 2 more minutes before serving. Garnish with parsley and quartered tomato and onion rings.



BEAN CURD FRITTERS

Ingredients:

*3 cakes soft bean curd
5 heaped tbsps chick pea flour
mixed with 100 ml water to
form a paste
a pinch of soda bicarbonate
1/2 tsp chilli powder
salt to taste
1 green chilli
1/4 cup coriander
2 tbsps soya sauce
1 tsp sesame oil*

Preparation Method:

Cut bean curd into cubes and marinate with soya sauce, sesame oil and pinch of salt and set aside for 5 minutes. Mix all other ingredients to form a thin paste.

Heat oil in a large saucepan. Coat bean curd with chick pea flour paste and plunge in hot oil. Deep-fry until golden brown. Drain on paper towels. Serve hot with tomato ketchup.

BREAD ROLLS

Ingredients:

*18 bread slices, no lard, crustless
200 gms cheddar cheese, grated
1 onion, finely chopped
1/4 cup fresh coriander
2 green chillies, finely chopped
oil for frying*

Preparation Method:

Soak each slice, one at a time, in water for about 1/2 a minute. Squeeze out water by pressing between folded palms and roll slightly. Combine remaining ingredients. Stuff each slice with little cheese mixture and form a roll, carefully sealing the ends by pressing slightly between curved and folded palms. Heat oil in a large saucepan and deep fry rolls until golden brown. Serve hot with tomato ketchup, tandoori chutney or mint chutney.



LENTIL BALLS IN YOGURT (DAHI WADAS)

Ingredients:

2 cups urad dal (lentils)
2 tsps salt
2 cups yogurt
1/2 cup water
1/2 tsp chilli powder
1 tsp cumin seeds, roasted
2 tbsps fresh coriander
2 green chillies,
finely chopped
1 tsp cumin powder
1/2 tsp pepper

Preparation Method:

Wash lentils and soak overnight. Drain and blend in a blender. It should form a coarse paste. Add salt, cumin seeds and chilli. Spoon mixture in hot oil. Lentil balls will swell and rise to surface. Fry until golden brown. Drain on paper towels. Immerse balls in hot water for a minute then transfer to cold water bowl. Drain and squeeze excess moisture, taking care not to break them. Combine yogurt and water. Add 1/2 tsp of salt. Add lentil balls to yogurt mixture. Garnish with cumin powder, chilli powder and fresh coriander. Serve cold.

SPICY LENTIL CRUMBLE

Ingredients:

450 gms gram dal (yellow lentil)
1 piece thumb sized ginger,
chopped
6 green chillies
1 tsp soda bicarbonate
1/2 tsp turmeric powder
salt to taste
3 tbsps powdered sugar
juice of 2 large lemons
4 tbsps oil
2 tsps mustard
8 cloves garlic, chopped
1/4 tsp asafoetida
2 tbsps coriander leaves,
chopped
2 tbsps grated fresh coconut

Preparation Method:

Soak dal for at least 6 hours. Keep 4 tablespoon dal aside and grind the rest with green chillies, garlic and ginger. Add 4 tablespoon of dal kept aside and mix well. Add soda bicarbonate, turmeric powder and salt. Keep aside for at least 4 hours. Spread a portion, at a time, on a steel serving plate and steam for 10 minutes or until cooked. Repeat process. When all paste is used up crumble the steamed cakes. Add sugar lemon juice and mix well. Heat oil in a pan and fry mustard seeds. When they crackle, add ginger and continue frying for few more seconds. Add asafoetida and fry again. Pour this mixture on crumbled cake. Garnish with grated coconut and coriander leaves.



FRANKEE

Ingredients:

*250 gms plain flour
2 slices bread
2 tsp oil
salt to taste
oil for frying
enough water to make dough*

Stuffing

*500 gms potatoes, boiled and
mashed
1 cup peas, boiled and crushed
3-4 green chillies
juice of 1 lemon
1 tsp garam masala
1 cup grated cheddar cheese
1/4 cup fresh coriander
salt to taste*

Preparation Method:

Soak bread slices in water for 2 minutes. Place soaked bread slices between two towels, squeeze out water and crumble in a bowl. Sift flour in the bread bowl. Add salt and oil. Knead the flour mixture with lukewarm water to make dough. Cover with cheesecloth and set aside for an hour. Mix all the ingredients for stuffing. Shape the mixture in the form of kebabs or cutlets. Divide dough into equal ball-sized portions. Roll each portion on a floured surface into circles of 12 cm diameter and 1/2 cm thick. Deep fry all circles, one at a time, with just one side immersed in oil. Remove circles with slotted spoon. Bake circles on a hot plate or griddle, on a very low flame. Spread tomato sauce and place cutlet in the centre and garnish. Roll the circles to enclose filling. Serve hot.

CHEESE PUFFS

Ingredients:

*375 gms puff pastry
3 cups grated cheddar cheese*

Preparation Method:

Thaw puff pastry and divide into 20-25 equal portions. Roll out each portion into small circles and stuff with little cheese. Work each piece to form a round shape and press slightly. Heat oil in a pan and deep fry pastries, 3-4 at a time, until they puff and are golden brown on all sides. Serve hot with tomato sauce or mint chutney.



SPINACH ROLLS

Ingredients:

300 gms puff pastry

Filling:

*2 cups spinach leaves,
boiled and mashed*

2 tomatoes, finely chopped

1 onion, finely chopped

3 green chillies, finely chopped

juice of half a lemon

2 tbsps yogurt

salt to taste

Preparation Method:

Mix all the filling ingredients in a bowl. Take a small portion of puff pastry at a time and roll out in thin circles and cut into 4" squares. Put a spoonful of the filling in the centre of squares and fold to form rectangles. Secure edges by pressing firmly with the help of a fork. Bake in a preheated moderate oven for 7-8 minutes or until crisp.

SPAGHETTI BALLS

Ingredients:

2 cups boiled spaghetti

2 cups milk

5 tbsps plain flour

5 tbsps butter

4 green chillies, finely chopped

150 gms cheddar cheese, grated

2 tbsps chopped fresh coriander

3 stalks celery, finely chopped

100 gms breadcrumbs

salt to taste

oil for frying

1-1/2 tea cup flour

Preparation Method:

Melt butter in a heavy saucepan. Add plain flour and cook for a minute to form a light roux. Add milk and continue cooking, stirring constantly until mixture thickens. Remove from heat and cool. Add spaghetti, coriander, chillies, celery, cheese and salt. Mix well and shape in small round balls. Mix flour in 2 cups water to form paste. Dip spaghetti balls in paste, coat with breadcrumbs. Deep fry in hot oil until golden brown. Serve hot with tomato ketchup.



VEGETABLE SAMOSAS

Ingredients:

200 gms flour
20 gms vegetable fat
salt to taste

Filling:

500 gms potatoes, boiled and
mashed
100 gms frozen peas, thawed
2 tbsps chopped coriander
1/2 tsp salt
1 tsp chilli powder
1/2 tsp turmeric powder
1/2 tsp garam masala
2 gms dried pomegranate seeds
(substitute with juice of
half a lemon)
oil for frying

Preparation Method:

Fry spices in 2 tablespoons of oil for a minute. Add peas and stir-fry until tender. Remove from heat. Mix all the ingredients of filling and set aside. Sieve flour. Add salt and fat. Knead well to stiff dough with water. Divide dough in lime-size balls. Roll each portion into thin circles. Cut in halves. Shape each half in a cone and seal the edge with flour and water paste. Spoon vegetable filling into this cone and seal the open edge. Deep fry samosas, a few at a time, in very hot oil. Serve hot with mint chutney or tomato sauce.

VEGETABLE FRITTERS

Ingredients:

your choice of vegetables
(potatoes, aubergines, carrots,
cauliflower, chillies, etc.)

Batter:

3/4 cup besan (chick pea flour)
1/2 cup water
1/2 tsp turmeric powder
1 tsp chilli powder, or to taste
1 tsp coriander seeds
1 tsp pomegranate seeds
a pinch of soda bicarbonate
salt to taste

Preparation Method:

Slice vegetables into thin slices (similar size pieces). If using potatoes, boil in salted water until almost fork tender before slicing. Mix batter ingredients into a smooth batter and dip vegetables into the mixture before deep-frying in hot oil. Fry until golden brown. Drain on absorbent paper towels and serve hot with a chutney dip.

Variation: For *Chick Pea Flour Fritters*: Fry spoonful of batter, without vegetables, 4-5 spoonfuls at a time.



VEGETABLE CUTLETS

Ingredients:

500 gms potatoes,
boiled and mashed
125 gms carrots, *grated*
125 gms frozen peas
1 small onion, *finely chopped*
2 small capsicum,
finely chopped
100 gms breadcrumbs
1-1/2 cup flour
juice of half a lemon
1 stalk of celery, *finely chopped*
salt and pepper to taste
oil for frying

Preparation Method:

Heat 2 tablespoons of oil in a saucepan. Sauté vegetables. Add mashed potatoes, lime juice, salt and pepper. Stir-fry for one minute. Remove from heat. Shape mixture in the form of small cutlets. Make a paste of flour in 2 cups of water. Dip cutlets in flour paste and coat them with breadcrumbs. Deep fry in hot oil until golden brown. Serve with tomato sauce or coconut mint chutney.

Variation: Vegetarian Burgers: Sandwich cutlet in buttered burger buns with shredded cabbage and carrot, slice of cucumber and a teaspoon of chopped onion mixed with tomato sauce.

SEMOLINA VEGETABLE COMBO (UPPAMA)

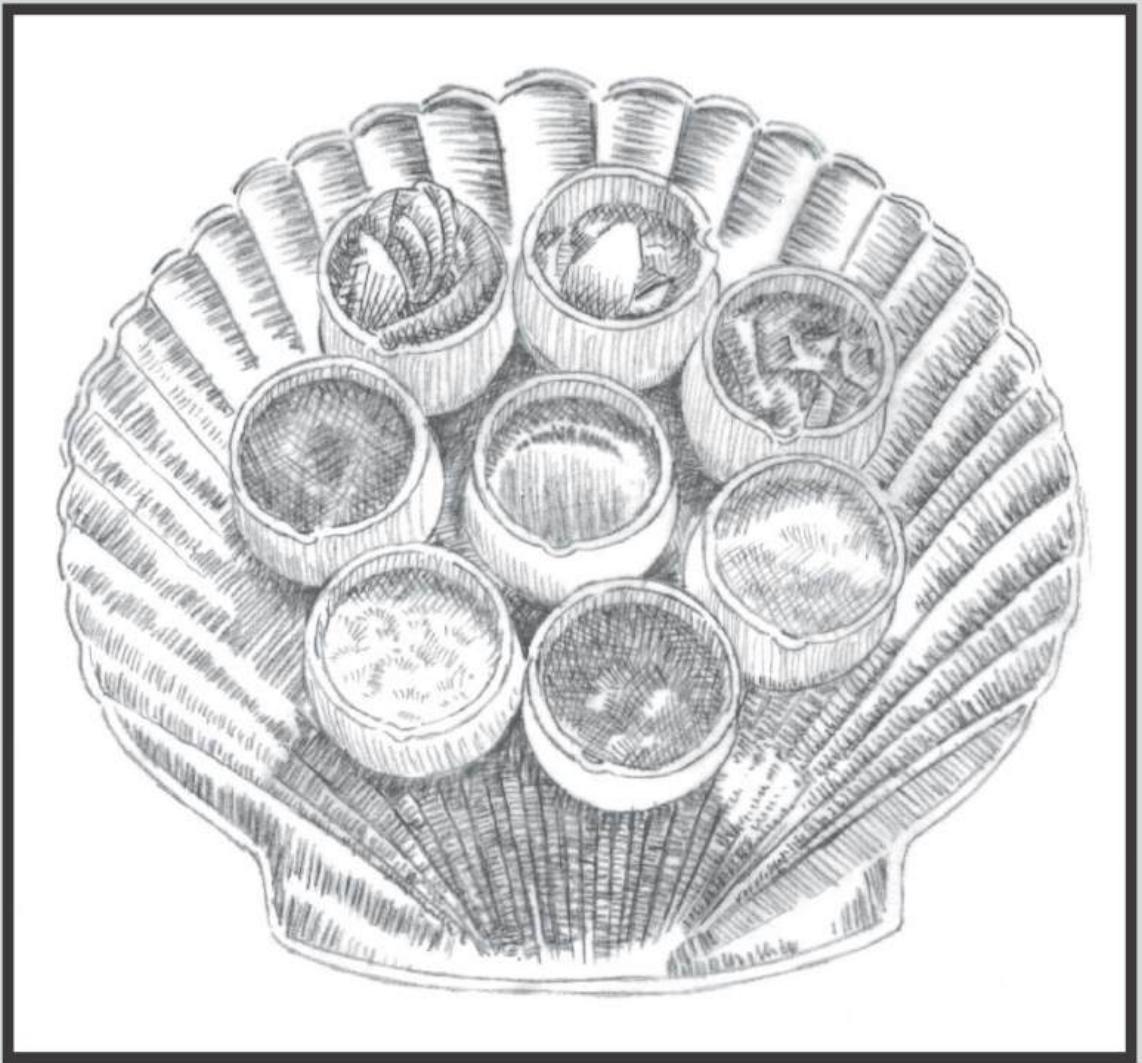
Ingredients:

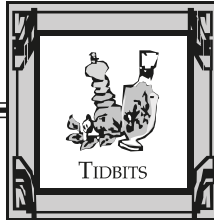
150 gms semolina
300 gms sprouted green beans
200 gms carrots, *chopped*
6-8 green chillies, *finely chopped*
1/2 cup fresh coriander
250 gms coconut, *grated*
juice of 1 lime
10 gms lentils
1/4 tsp mustard seeds
1 sprig curry leaves
a pinch of asafoetida
salt and sugar to taste
300 ml oil

Preparation Method :

Heat half the quantity of oil in a deep saucepan. Add lentils, mustard seeds, curry leaves and asafoetida, fry for a minute. Add beans and carrots. Sauté for a minute. Add coriander and salt. Stir-fry for a minute. Add a cup of water to vegetable mixture and boil. Meanwhile, heat remaining oil in a saucepan and lightly fry semolina. Add semolina to vegetables and stir. Cook on low heat, stirring constantly, until all water is absorbed. Add lime juice, sugar and coconut. Mix well. Remove from heat. Serve hot.

TIDBITS





CARROT PICKLE

Ingredients:

1 kg carrots
50 gms salt
1/4 cup vinegar
1/2 cup mustard oil
10 tsps chilli powder
3 tsps turmeric powder
5 black cardamoms, crushed
5 tsps aniseeds
5 tsps mustard seeds
5 tsps pepper corns
3 Indian bay leaves, crushed
3 thumb-size cinnamon sticks

Preparation Method:

Wash carrots. Slice off tops and cut vertically in 2-3 pieces. Slit each piece horizontally, twice at right angles. Coarsely pound mustard seeds, aniseeds and peppercorns. Break cinnamon sticks into bits. Mix salt, chilli powder, turmeric powder, vinegar and 1/4 cup mustard oil. Add pounded ingredients, cinnamon sticks, cardamoms and bay leaves to vinegar mixture. Mix thoroughly. Stuff carrots with spicy mixture. Transfer carrots to airtight jar. Pour the remaining mustard oil mixture and seal. Cover jar with black cloth to protect from light until ready to eat. Takes 3-4 days. Shake the jar once or twice a day to mix the ingredients well.

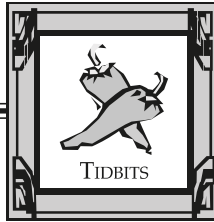
CAULIFLOWER PICKLE

Ingredients:

1 large head cauliflower,
cut in florets
50 gms shallots
1/4 cup salt
3/4 cup sugar
1 tsp turmeric powder
2 tsps mustard seeds, powdered
2 tsps red chilli powder
4 cloves
1 cup white vinegar
1 cup water

Preparation Method:

Mix shallots, cauliflower and salt and let stand overnight. Drain and rinse in cold water. Combine sugar, turmeric, mustard seed, cloves and chillies in a jar. Stir in the vinegar and water. Add the cauliflower and shallots. Stir well. Let stand for two days. Refrigerate to store.



PICKLED CUCUMBERS

Ingredients:

2 cucumbers, peeled
2 small onions, finely chopped
4 cloves garlic, finely minced
10 tsps sugar
5 tbsps vinegar
2 red chillies, chopped finely

Preparation Method:

Slit cucumbers horizontally. Do not cut to the end. Scrape seeds from cucumbers. Combine all ingredients. Mix well and stuff into cucumbers. Chill until ready to serve.

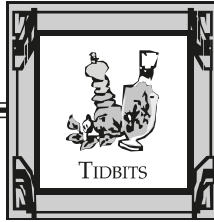
PICKLED LEMONS/LIMES

Ingredients:

lemons/limes
salt
water

Preparation Method:

Slit each lemon twice at right angles. Immerse cut lemons in water. Stuff each lemon with 2 tablespoons of salt (or limes with ½ tablespoon of salt). Seal in glass jars and leave it aside for a week.



KIM CHEE

Ingredients:

*5 kg Chinese cabbage
1 kg radish
250 gms carrot
1 packet(400 gms) cooking salt
20 red chillies
20 cloves garlic
20 gms ginger, skin scraped
20 tsps sesame oil
3/4 cup sesame seeds
1 cup light soya sauce
1 and 1/2 cup water
10 tbsps chilli powder*

Preparation Method:

Cut Chinese cabbage in quarters. Pickle with half packet of salt and let it stand aside for 2 hours. Cut radish into thin short strips, sprinkle half the amount of red chilli powder and leave it aside for 15 minutes. Pound garlic, ginger and chillies. Peel carrots and cut into thin short strips. Mix all the ingredients, except cabbage. Stuff this mixture in between cabbage leaves and pack in plastic jars. Close the lid tightly and refrigerate. Use after 2-3 weeks.

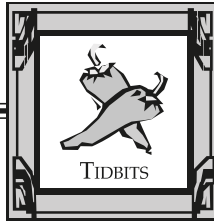
PICKLED VEGETABLES

Ingredients:

*10 green chillies
10 shallots, peeled and halved
1 cucumber, peeled, seeded and cut into thin short strips
1 radish, peeled and cut into thin short strips
1 carrot peeled and cut into thin short strips
2 tbsps sugar
2 tbsps vinegar
2 tsps salt
5 tbsps lukewarm water*

Preparation Method:

Mix sugar, salt, vinegar and water. Stir to dissolve sugar. Pour mixture over combined vegetables. Mix well and refrigerate for few hours before serving.



TOMATO RELISH

Ingredients:

500 gms ripe red tomatoes, chopped
1 onion, chopped
5 tsps sugar
1 tbsp butter
1 tsp grated ginger
1 tsp ground cumin
1/2 tsp cinnamon
4 cloves garlic, minced
1/4 tsp red chilli powder
1/4 cup raisins for garnish
1/4 cup cashewnuts for garnish

Preparation Method:

Heat butter in large skillet. Add onions and garlic. Sauté until translucent. Add tomatoes and sugar. Cover and cook on low heat for 10 minutes, stirring occasionally. Add remaining ingredients. Simmer, uncovered, over very low heat for 20 minutes or until tomatoes are reduced to a paste. Add raisins and cashewnuts and continue heating on tiny flame for 10 minutes. Seal in glass jars.

DUTCH RELISH

Ingredients:

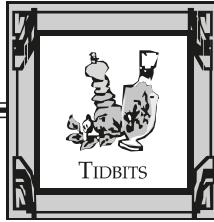
250 gms onions, chopped
250 gms green tomatoes, chopped
150 gms cucumbers, chopped
1 large cauliflower, cut in florets
1 green pepper, finely sliced
1 red pepper, finely sliced
1/2 tsp salt
1 cup water

Preparation Method:

Grind all ingredients in food grinder. Add salt and water. Cook until sauce thickens and season. Serve hot.

Seasoning:

1/4 cup flour
1/2 cup sugar
1 tsp vinegar
1 tsp dry mustard
1/4 tsp turmeric powder



GREEN MANGO CHUTNEY

Ingredients:

*750 gms green mangoes
1 kg sugar
100 gms ginger
250 ml vinegar
3 tbsps chilli powder
1 tsp salt*

Preparation Method:

Peel and thinly slice mangoes. Peel and grind ginger. Add all ingredients in a saucepan. Cook gently for 10 minutes or until mangoes are tender, stirring all the time. Cool and store in airtight jars.

Variation: Peel and finely dice 2 green mangoes. Add 2 tablespoons sugar and 1/4 teaspoon red chilli powder. Mix well and refrigerate. Use within 2-3 days.

MANGO CHUTNEY

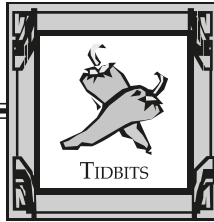
Ingredients:

*1 kg mangoes, peeled and
cut in pieces lengthwise
1 and 1/4 kg sugar
1 cup cider vinegar
3-4 bay leaves, crushed
8-10 black cardamoms, crushed
2 thumb-size cinnamon sticks,
broken to bits
1 tsp cloves, ground
4 tbsps red chilli powder
2 tbsps salt*

Preparation Method:

Mix all ingredients in a large saucepan or heavy bottomed pan and cook on low heat until mixture is thick, stirring constantly. Cool and seal in airtight glass jars.

Variation: For *Mango Muraba*: Cook mangoes and sugar with 4-5 crushed cardamoms until mixture is thick. Black cardamoms impart brownish colour and nice flavour to muraba.



MINT COCONUT CHUTNEY

Ingredients:

*6 tbsps coconut, freshly grated
1 small piece of ginger, minced
1-2 green chillies
several sprigs of mint
juice of 2 lemons
salt to taste*

Preparation Method:

Wash and drain the fresh mint and remove leaves from stem. Discard stem. Put all the ingredients together in a blender and blend to a smooth paste. Adjust seasoning. Refrigerate to store.

TANDOORI CHUTNEY

Ingredients:

*200 gms natural yogurt
2 tbsps chopped fresh mint
2 tbsps chopped fresh coriander
salt to taste
pinch of garam masala*

Preparation Method:

Combine all ingredients and serve. Prepare at least half an hour before serving. This dip can be stored for few days in refrigerator.

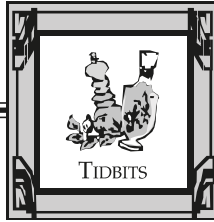
DATE CHUTNEY

Ingredients:

*1 cup chopped dates
50 gms raisins
a pinch of salt
1 tsp chilli powder
1 tsp ginger-garlic paste
2 tsps sugar
1 cup water*

Preparation Method:

Put all ingredients in saucepan and simmer over low heat until mixture thickens. Let cool before serving.



GARAM MASALA

Ingredients:

1/4 cup cumin seeds, roasted
1/8 cup caraway seeds, roasted
10 Indian bay leaves, roasted
5 cloves, roasted
5 green cardamoms split
and roasted
5 black cardamoms, crushed
and roasted
few pepper corns, roasted
cinnamon stick (thumb size),
roasted

Preparation Method:

G grind all ingredients together to a fine powder. Store in airtight glass jars.

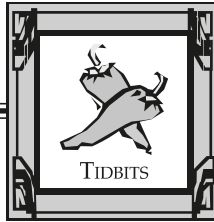
CHAAT MASALA

Ingredients:

1/4 cup table salt
1/4 tbsp black pepper
1/4 cup mango powder
1/4 cup black salt, powdered
1/4 cup roasted cumin seeds,
powdered
1/4 cup roasted coriander seeds,
powdered
1/2 tsp asafoetida powder
2 tbsps red chilli powder
1/2 tsp roasted aniseed, powdered

Preparation Method:

Mix all ingredients and store in airtight glass jar.



GARLIC GINGER PASTE

Ingredients:

8 cloves garlic, minced
2 small pieces ginger, minced

Preparation Method:

Pound the ingredients together. Refrigerate until used.

THAI CURRY PASTE

Ingredients:

7-10 dried chillies (for red curry)
2 tsps caraway seeds
1 tsp coriander seeds
1 tsp salt
2 tbsps lemon grass, chopped
1 tsp galangal (a ginger-like root), chopped
2 tsps shallots, chopped
1 tsp garlic, chopped
1 bunch basil leaves chopped and
2 tbsps coriander leaves (for green curry)

Preparation Method:

Brown caraway and coriander seeds over low heat (without oil), cool, then pound and set aside. Remove seeds from chillies. Soak the pods in cold water, then pound fine with salt. Add all the other ingredients. Pound very fine and then mix with caraway and coriander powder.

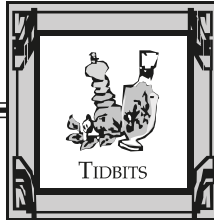
TOMATO PASTE

Ingredients:

500 gms tomatoes, blanched
peeled and pitted

Preparation Method:

Puree tomatoes in a blender. Refrigerate tomato paste to store for a few days.



MAPLE SYRUP

Ingredients:

*1 and 1/4 cups cold water
1 tbsp cornstarch
1 cup granulated sugar
1 tsp maple flavouring
1/8 tsp salt*

Preparation Method:

Combine ingredients in a saucepan. Bring to a boil. Serve hot over pancakes or waffles.

MINT SYRUP

Ingredients:

*1 cup sugar
2 cups water
bunch of mint leaves, chopped*

Preparation Method:

Boil water and sugar for 3-4 minutes to form syrup. Remove from heat. Add mint leaves. Cover and leave aside. Let syrup absorb colour and flavour of mint leaves. Cool and filter.

BAKED POTATO TOPPING

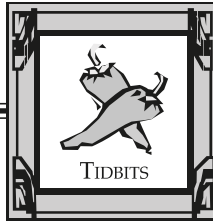
Ingredients:

*1 cup plain yogurt
1 tsp sesame seeds, roasted
3 stalks spring onions, chopped
1/2 tsp dill leaves
salt and pepper to taste*

Preparation Method :

Mix together all ingredients. Enough topping for 4 baked potatoes.

Variation: For *Potato Raita*: Mix all ingredients and add boiled and diced potatoes.



FRUIT DIP

Ingredients:

*1 (8 oz.) glass of cream cheese
1/4 cup orange juice
1/4 cup icing sugar
1/2 tsp rose essence
1 cup fresh cream*

Preparation Method:

Beat all ingredients until blended well. Serve with a fruit plate.

CHEESE DIP

Ingredients:

*2 cups cream cheese
1 cup yogurt
2 cloves garlic, crushed
1 tbsp chives or parsley
1 tbsp lemon juice
salt and sugar to taste
dash of pepper*

Preparation Method:

Beat the yogurt with cream cheese. Add parsley, lemon juice, salt and sugar. Mix well and pour in a serving bowl. Sprinkle pepper. Serve with carrots, cucumbers, fruit, crackers, etc.

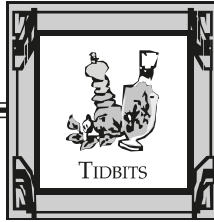
HOMMUS

Ingredients:

*200 gms garbanzos or chick peas
2 cloves garlic, minced
1/2 tsp salt
1 tsp olive oil
3 tps tahini (sesame paste)
juice of 2 lemons
dash of pepper
chopped parsley and paprika
for garnishing*

Preparation Method:

Soak garbanzos in water to cover, let stand overnight. Drain and cook in salted water until tender. Drain again. Puree garbanzos in a blender. Mix in other ingredients and blend well. Add olive oil and blend mixture to a creamy consistency. Serve on a platter. Garnish with paprika and parsley.



FRENCH DRESSING

Ingredients:

2 onions, finely chopped
1 cup tomato sauce
1/2 cup lemon juice
1/2 cup apple juice
4 tbsps tomato paste
1/2 tsp paprika
1/2 tsp pepper
1 tbsp cornstarch
1/4 cup parsley

Preparation Method:

Combine all ingredients, except cornstarch and parsley in a saucepan. Heat mixture for 2 minutes, stirring constantly and continue to simmer for 5-7 minutes. Add cornstarch and stir for 2 minutes. Remove from heat. Cool and transfer to a blender and blend well. Pour in a bowl. Sprinkle parsley. Serve chilled. Refrigerate to store.

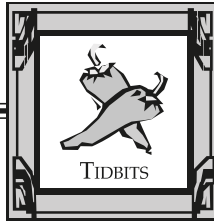
ITALIAN DRESSING

Ingredients:

1 tsp onion powder
1 tsp garlic powder
1 tsp paprika
1/4 tsp thyme
1/4 tsp rosemary
1/2 cup lemon juice
1/2 cup cider vinegar
1/2 cup apple juice
1 tsp oregano
1 tsp dry mustard

Preparation Method:

Combine all ingredients in a blender and blend. Transfer to glass jar. Store in refrigerator.



VINAIGRETTE DRESSING

Ingredients:

10 cloves garlic, minced
1/2 cup olive oil
1/2 cup vinegar
3 tps mustard powder
5 tps sugar
salt and pepper to taste

Preparation Method:

Mix all ingredients in a small glass bottle and shake well. Store in refrigerator.

SOUR CREAM DRESSING

Ingredients:

1 cup buttermilk
1 cup cottage cheese
1 tsp lemon juice

Preparation Method:

Blend well all ingredients in a blender. Store in refrigerator.

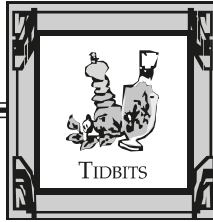
EGGLESS MAYONNAISE

Ingredients:

1 can (410 gms) evaporated milk
2 tbsps sugar
2 tps mustard
salt and pepper to taste
juice of half a lemon
1 cup olive oil
1 tbsp cider vinegar

Preparation Method:

Mix first four ingredients and whisk well with a food processor on slow speed. Stir in olive oil till sauce thickens. Finally add vinegar and lemon juice. Refrigerate to store.



AVOCADO SAUCE

Ingredients :

*2 medium avocados
2 small tomatoes, chopped
1 small onion, minced
2 tsps lemon juice
1 tsp garlic paste or powder
salt and pepper to taste*

Preparation Method:

Peel avocados. Then mash with plastic fork in a bowl. Add tomatoes, onions, lime juice, garlic, salt and pepper. Serve immediately.

Hint: This sauce should be prepared just before serving as it turns black in 1/2 an hour.

CHEESE SAUCE

Ingredients :

*2 tsps margarine or butter
2 tsps all-purpose flour
1/4 tsps salt
1/2 cup grated cheddar cheese
1/2 tsp dry mustard
1 cup milk*

Preparation Method:

Melt margarine in small saucepan over low heat. Slowly stir in flour and salt and blend until smooth. Add milk and cook 4 minutes to thicken, avoiding lumps. Stir in cheese and dry mustard and cook for 2 more minutes.

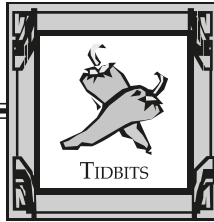
CHILLI SAUCE

Ingredients:

*10 tsps vegetable oil
6 tsps all-purpose flour
1/2 cup red chilli powder
2 cups water
750 gms tomato, blanched,
peeled and pureed
1/2 tsp dried crushed oregano
1/4 tsp cumin powder
salt to taste*

Preparation Method:

Heat oil in large saucepan. Stir in flour and cook one minute. Stir in chilli powder, add rest of ingredients and salt to taste. Simmer for 15 minutes. Cool. Transfer to a glass jar and store in a refrigerator.



TOMATO SAUCE

Ingredients:

*1 large onion, finely chopped
500 gms tomatoes, blanched,
peeled,
pitted and pureed
2 tsps fresh basil
salt and pepper*

Preparation Method:

Sauté onion in frying pan until soft and cook until transparent. Stir in tomatoes. Add basil, salt and pepper and simmer for 30 minutes or until it coats the back of spoon. Pass through a blender and adjust seasoning.

WHITE SAUCE

Ingredients:

*2 tbsps butter
1 tbsp all-purpose flour
1 cup milk*

Preparation Method:

Melt butter in saucepan over low heat. and blend in flour. Stir in milk and simmer until thick and smooth. Mix well. Transfer to glass bowls or jars and refrigerate to store.

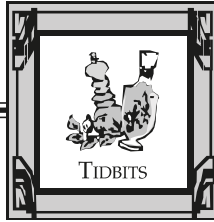
RASPBERRY SAUCE

Ingredients:

*5 cups fresh raspberries
1/2 cup sugar*

Preparation Method:

Puree raspberries in a blender. Strain through a cheesecloth. Stir in sugar and refrigerate until ready to serve.



PEANUT SAUCE

Ingredients:

*250 gms peanuts, roasted
and ground to fine paste
2 tbsps lemon juice
2 cloves garlic, minced
2 tsps soya sauce
2 red chillies, crushed
salt and sugar to taste
1 cup hot water*

Preparation Method:

Mix all ingredients together and cook, stirring over low heat until thick and well blended. Cool. Seal in glass jar and store in a refrigerator.

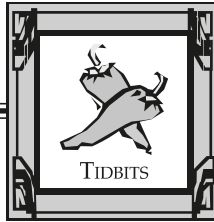
MANGO TOPPING

Ingredients:

*6 cups half ripe or
ripe mangoes cut fine
2 tbsps lime juice, if desired
1/2 tsp nutmeg powder
1/2 tsp cinnamon powder
4 cloves
3 cups sugar
2 cups water*

Preparation Method:

Cook mango slices with water until tender. Mash with back of a wooden spoon to make a paste. Add the rest of the ingredients and cook until it is the consistency of butter. Remove cloves before serving. Serve over ice-creams, kulfi, crackers, etc.



APPLE SAUCE

Ingredients:

*1 kg apples, peeled, cored
and sliced
1/2 cup water
1/2 cup sugar
Cinnamon to taste*

Preparation Method:

Combine all ingredients in a heavy saucepan. Cook on low heat for 20 minutes, stirring continuously. Cover and simmer for further 10 minutes or until apples are tender. Mash apples to desired consistency. Serve warm or chilled.

HORSERADISH IN APPLE SAUCE

Ingredients:

*100 gms grated horseradish
300 gms apple sauce*

Preparation Method:

Mix ingredients together and refrigerate for one hour before serving.

DILL SAUCE

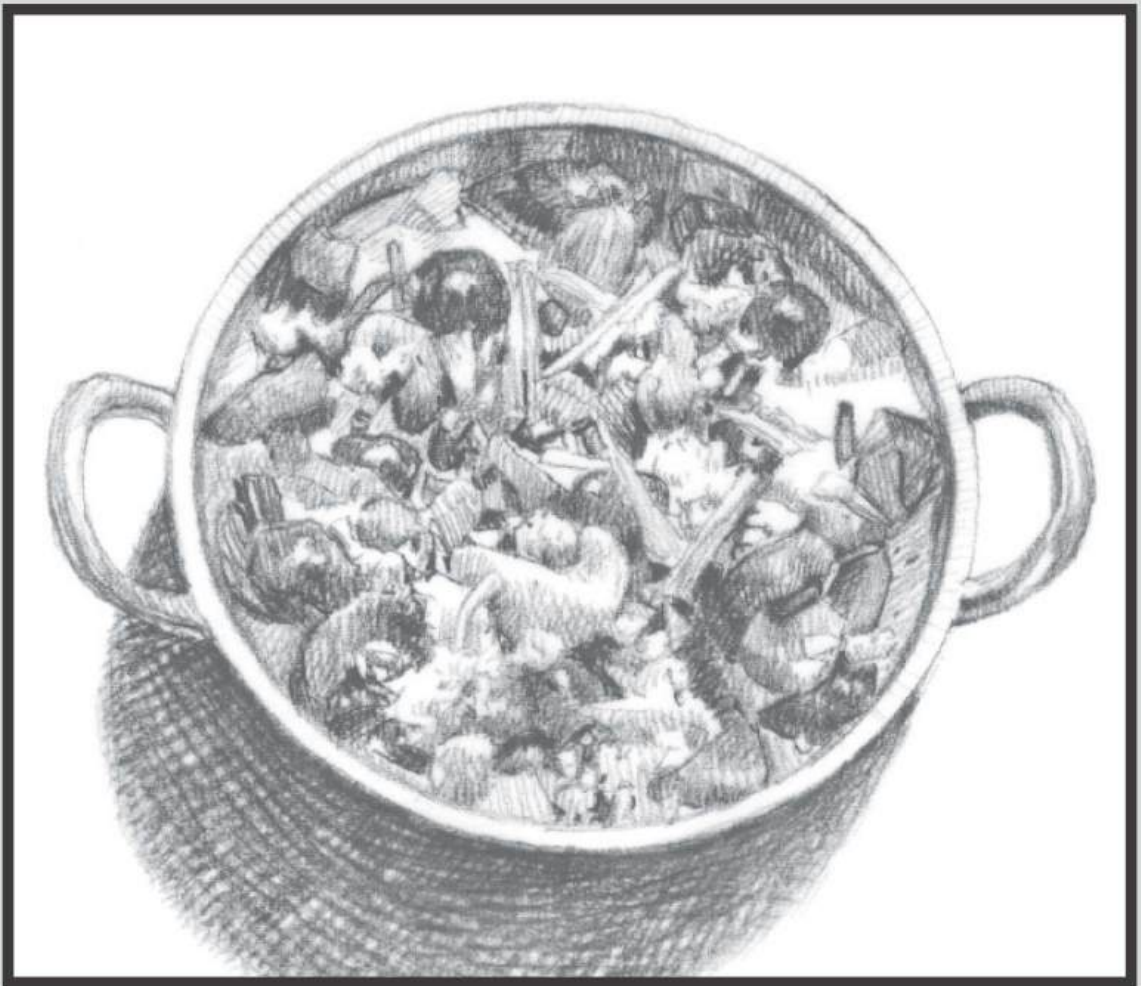
Ingredients:

*8 tbsps salad oil
3 tbsps vinegar
8 tbsps french mustard
3 tbsps dill leaves
3 tsps sugar
salt and pepper*

Preparation Method:

Stir all ingredients together. Serve chilled in a bowl. Refrigerate to store.

MAIN DISHES





CHINESE CHOP SUEY

Ingredients:

1 large head of celery
1 can button mushrooms, drained
1 small can bamboo sprouts, drained
2-3 large onions
200 gms carrots, chopped
1/2 cup water
2 tbsps soya sauce
salt and pepper to taste
oil for frying
1 tsp cornstarch

Preparation Method:

Braise the chopped onions, carrots, celery and bamboo sprouts in oil until tender. Add button mushrooms and continue cooking for 2 minutes. Stir in soya sauce, salt and pepper. Pour water and sprinkle cornstarch. Allow it to simmer for 10 minutes, stirring constantly until the sauce is clear and thick. Serve hot.

- Serves 6-8

NOODLE NEST

Ingredients:

100 gms carrots, finely diced
100 gms beancurds, cubed
100 gms green peppers
100 gms cabbage, shredded
1 small onion, finely sliced
1 tbsp garlic - ginger paste
1 tsp ajinomoto (optional)
1 tbsp cornstarch
4 tbsps tomato ketchup
2 tbsps soya sauce
1 tbsp chilli sauce
salt to taste
4 tbsps oil
1/2 cup water
150 gms thin dry eggless noodles
chilli oil
sesame oil
1/2 lemon, no seeds
lettuce leaves for garnishing

Preparation Method:

Heat oil in a large saucepan and sauté all vegetables for 4-5 minutes. Boil 100 gms noodles in 2 cups salted water for 2 minutes and drain. Add boiled noodles to saucepan and stir in the remaining ingredients. Heat through. Cover and remove from heat. Heat oil in a pan and deep fry remaining noodles just before serving and set like a nest on a serving dish. Spoon hot vegetable noodles onto the nest. Drip a stream of chilli oil and sesame oil. Squeeze lemon juice over the dish. Garnish with lettuce leaves.

- Serves 6-8



CABBAGE IN COCONUT MILK

Ingredients:

4 cups cabbage, shredded
2 cups coconut milk
5 red chillies, pounded
5-6 shallots, sliced
1 tsp turmeric powder
1 tsp lemon juice
salt to taste

Preparation Method:

Put shallots, chillies, turmeric, coconut milk and salt together in a saucepan and bring to boil. Add the cabbage and cook for 2-3 minutes. Remove from heat. Stir in lemon juice. Serve hot.

- Serves 4-6

CREAMED CABBAGE

Ingredients:

1 head cabbage, shredded
1 cup shredded
cheddar cheese
2 tbsps butter or margarine
2 tbsps flour
1 1/4 cups milk
1/4 tsp salt
1/8 tsp paprika
2 tbsps minced onion
1 tsp minced parsley
1/3 cup bread crumbs

Preparation Method:

Cook cabbage in a small amount of lightly salted boiling water until tender but still crisp. Drain well. Place cabbage and cheese in layers in a greased baking dish. Prepare white sauce by gently heating butter, flour and milk. Add salt, paprika, onion and parsley. Pour sauce over cabbage. Sprinkle with bread crumbs. Bake in a preheated oven at 180 degrees C for 15 to 20 minutes or until top layer is brown and mixture starts to bubble.

- Serves 4-6



CHUTNEY CAULIFLOWER

Ingredients :

*2 small cauliflowers
1 cup boiled peas
salt to taste*

To be ground to a paste

*1 cup fresh coriander
4 green chillies
4 tsps grated coconut
1 tsp sugar
juice of half a lemon
salt to taste*

Sauce

*1 cup tomato ketchup
1/4 cup water
1 tbsp butter
1 tsp cornstarch
1/2 tsp chilli powder
salt to taste
1 tsp sugar*

Preparation Method:

Boil whole cauliflowers in salted water for 5 minutes. Heat 4 tablespoons of oil in a pan and stir fry cauliflower, one at a time, for 2-3 minutes. Stir-fry boiled peas for a minute separately and set aside.

Stuff cauliflowers with paste. Cook covered on tiny flame until tender. Mix sauce ingredients and boil for a minute. If sauce is too thick, add a little more water.

To serve, transfer cauliflowers to a serving dish and pour hot sauce and sprinkle hot peas.

- Serves 4-6

CHOY SAAM

Ingredients:

*1/4 kg choy saam
2 tsps vegetable fat
salt and sugar to taste
1/2 tsp cumin seeds
(optional)
1 tsp soya sauce*

Preparation Method:

Wash and cut choy saam. Boil in water for 2 minutes. Drain. Heat fat in saucepan. Add cumin seeds. When the seeds crackle, add choy saam, sugar, soya sauce and salt. Stir fry until tender yet crisp.

- Serves 4-6



BOMBAY POTATOES

Ingredients:

*500 gms potatoes, boiled and diced
1 medium onion, finely chopped
2 cloves garlic, crushed
a sprig of curry leaves
1/2 tsp each, cumin
and mustard seeds
1/4 tsp turmeric powder
1/2 tsp chilli powder
2 tbsps oil*

Preparation Method:

Heat oil in a large saucepan. Fry cumin and mustard seeds. When the seeds sputter, add curry leaves, onion and garlic. Fry until golden brown. Add all ingredients and fry for 5-7 minutes stirring regularly, adding little water to prevent sticking to the pan, if necessary. Serve hot with puris (see recipe in this book).

- Serves 4-6

CRISPY POTATOES

Ingredients:

*500 gms medium sized potatoes,
boiled and sliced
2 small onions, finely sliced
200 ml cream
100 gms butter
salt and black pepper to taste*

Preparation Method:

On a well-buttered dish, arrange alternately slices of cooked potatoes and onion rings. Pour cream. Sprinkle salt and pepper. Dot with butter and bake in an oven at 180 degrees C for about 20 minutes or until crispy lightly golden brown on top.

- Serves 4-6



THAI COCONUT CURRY

Ingredients:

150 gms long beans,
cut in short strips
1/2 can straw mushrooms,
drained
2 carrots, cut in short strips
1/4 head cabbage, shredded
1 cup grated coconut
1 onion, finely chopped
6 cups water
7 dry red chillies,
slitted and boiled
6 Thai lemon leaves
4 cloves garlic, crushed
1 tsp coriander seeds
1 tsp cumin seeds
2 tsps sugar

Preparation Method:

G grind onion, garlic, coriander seeds, cumin seeds, lemon leaves and chillies to a paste. Add sugar. Mix well and set aside. Extract coconut milk from grated coconut using water, 2 cups at a time. Boil coconut milk in a large pan. Stir in paste. When oil bubbles on surface, add vegetables and continue cooking on low heat for 5 minutes. Meanwhile, slit few green and red chillies. Remove seeds. Transfer curry to the serving bowl and garnish with chillies.

- Serves 4-6

Variation: For *Thai Green Curry*, substitute red chillies with bunch of chopped basil leaves and 2 tbsps of coriander leaves.

MOCK DUCK CURRY

Ingredients:

1 can mock duck
1 onion, ground to paste
2-3 cloves garlic, crushed
2-3 tbsps tamarind extract
1 tbsp sugar
10 red chillies, pounded
salt to taste
1 cup coconut milk
juice of half a lemon

Preparation Method:

Wash mock duck in hot water containing lemon juice and cut it in small cubes. Heat oil in a large pan and add onion paste, garlic and chillies. Sauté for few minutes and add tamarind extract and salt. When the mixture is dry, add mock duck. Cook for 2 minutes, then add sugar and stir-fry. Pour coconut milk and bring to boil. Simmer, covered, for 2 minutes and remove from heat. Serve hot with steamed sticky rice or boiled white rice.

- Serves 4-6



BRAISED AUBERGINES

Ingredients:

500 gms aubergines,
cut into large pieces
1 tbsp garlic-ginger paste
5 red chillies, finely chopped
1 tsp vinegar
1 tsp soya sauce
1 tbsp cornstarch
10 ml sesame oil (optional)
salt and sugar to taste
50 ml water
oil for frying

- Serves 4

Preparation Method :

Soak aubergines in salted water for 10 minutes. Drain and pat dry. Heat oil in a wok. Deep fry aubergines until pale brown. Drain with slotted spoon and set aside. Heat 2 tablespoon of oil in a saucepan, add garlic-ginger paste and stir-fry for a minute, then add salt, sugar, vinegar and soya sauce. Dissolve cornstarch in water and add to saucepan. Stir continuously until sauce is clear. Add aubergines and cook until done. Sprinkle sesame oil. Serve hot.

STUFFED AUBERGINES

Ingredients:

4 large aubergines
8 medium tomatoes,
blanched peeled and pureed
4 medium potatoes, diced
2 cups frozen peas,
4 medium onions, finely chopped
8 green chillies, pounded
6 cloves garlic pounded
1/2 cup fresh coriander, pounded
4 tbsps butter
2 tsps chilli powder
2 tsps garam masala
1/2 tsp coriander powder
1/2 tsp cumin
salt to taste

Preparation Method:

Cut aubergines lengthwise in two equal halves. Scoop out pulp from centre leaving 2 cm thick shell. Heat oil in a wok and fry diced potatoes. Remove with slotted spoon and set aside. Heat butter in a saucepan and sauté onions. Add tomato puree, peas, potatoes, pulp, spices and pounded mixture. Stir-fry for 3 minutes and remove from heat. Smear aubergines with butter or oil and stuff with peas-potato mixture. Bake in a moderate oven (180 degrees C) for 10-15 minutes. Serve hot.

- Serves 4-6



SPICY BEANS CURRY

Ingredients:

*50 gms black beans
30 gms red kidney beans
3 cups of water
50 gms yogurt
5 gms ginger, minced
5 gms garlic, minced
1 tbsp tomato paste
a pinch of garam masala
butter for garnishing
1/4 cup olive oil
1/4 cup parsley
salt to taste
2-3 green chillies, finely chopped
1 large onion, finely chopped
1 large green pepper*

Preparation Method:

Soak beans in 3 cups of water overnight. On the following day cook until done. Heat oil in pan. Add onion, green pepper, ginger and garlic. Sauté until onion is clear. Add tomato paste, garam masala, yogurt and chillies. Heat gently for a minute. Transfer mixture to beans. Heat through. Mash some beans with potato masher to thicken. Dot with butter and garnish with parsley.

- Serves 4-6

TOMATO TIMBALES

Ingredients:

*6 medium-sized round tomatoes
750 gms potatoes, boiled and
mashed
2 cups green peas,
boiled and crushed
7 bread slices, soaked in water
2 tsps garam masala
1/2 tsp turmeric powder
1/2 tsp chilli powder
salt to taste
oil for frying*

Preparation Method:

Cut tops off tomatoes and scoop out flesh, but reserve tops. Squeeze water out of bread slices and crumble them in a bowl. Add potatoes, garam masala and salt. Mix well, divide in 6 portions and set aside. Heat 2 tablespoons of oil in a pan. Add peas, tomato puree, turmeric powder, chilli powder, garam masala and salt. Stir-fry until mixture is dry. Remove from heat and cool. Fill tomatoes with pea mixture. Replace tops. Enclose each stuffed tomato in a potato mixture. Heat oil in a large saucepan. Deep fry tomato balls until golden brown. Drain. Cut in two halves and transfer to a serving plate. Serve as a snack or main dish.

- Serves 4-6



CHEESE CONES CURRY

Ingredients:

Cheese Cones

250 gms home-made cottage
cheese, crumbled
3 tbsps flour
1 tsp baking powder
3-4 green chillies, finely chopped
1/4 cup fresh coriander
salt to taste
oil for frying

Curry

2 onions, finely chopped
4 tomatoes, blanched,
peeled and chopped
1 tsp ginger-garlic paste
1/2 tsp chilli powder
1/2 tsp garam masala
1/4 cup yogurt
2 tpsps fresh cream
2 tbsps grated cheddar cheese
salt to taste
2 cups water
4 tbsps oil
fresh coriander leaves for garnishing

Preparation Method:

Mix all the ingredients for making cheese balls. Shape the mixture into small cones and deep fry until golden brown. Set aside.

To prepare curry: Heat oil in a large saucepan and sauté onions until tender. Add ginger-garlic paste and stir fry for a minute, then add tomatoes and cook until tomatoes are tender. Add rest of the ingredients. Continue cooking on low heat until mixture is well blended and oil bubbles on surface.

To serve, place cheese cones in a serving dish and pour curry. Garnish with coriander leaves. Decorate with tomato slices and cherry.

- Serves 4-6



VEGETABLE BEANS AND LENTIL CURRY

Ingredients:

10 gms yellow split peas
10 gms green split peas
20 gms chick peas
10 gms masoor (orange lentil)
10 gms black-eyed beans
200 gms cauliflower, parboiled
and cut into florets
7 shallots, sliced
2 onions, finely sliced
2 tomatoes, pureed
200 gms home-made cottage
cheese, cubed
4 tbsps ghee or clarified butter
salt to taste
oil for frying
1/4 cup fresh coriander
juice of half a lemon (optional)
tomato slices for garnish

Sauce

3 cloves garlic, minced
6 red chillies
1 tsp coriander seeds
1 tsp cumin seeds
1 tbsp grated coconut
5 gms ginger, minced

Preparation Method:

Soak peas, beans and lentils together in water for 6 hours. Drain and pressure cook with 2 cups of water and salt.

Heat ghee in a large sauce pan and fry shallots for 3 minutes, then add cauliflower and fry for one more minute. Add all the sauce ingredients and stir-fry for further 3 minutes. Pour in lentil soup along with tomato puree and simmer for 5 minutes.

Heat oil in a saucepan. Fry cubes of cottage cheese until golden brown. Add cheese cubes to curry and simmer for further 5 minutes.

Serve hot, decorated with tomato slices and coriander. If desired, sprinkle lemon juice.

- Serves 4-6



VEGETABLE MAKHANWALA

Ingredients:

250 gms potatoes, parboiled,
diced and fried
100 gms french beans,
cut in small pieces and boiled
100 gms cauliflower, cut into
florets and parboiled
100 gms carrots, parboiled and
diced
1 cup green peas, boiled
2 onions, finely chopped
1 cup fresh cream
1 cup milk
2 tbsps flour
2 tbsps butter
1/2 tsp chilli powder
salt to taste
oil for frying

Preparation Method:

Prepare sauce by mixing flour, milk and cream and set aside. Heat butter in a large saucepan, fry onion until transparent. Add all vegetables and sauté for few minutes, then add the prepared sauce, salt and chilli powder. Cover and cook on very low heat for about 10 minutes. Serve hot.

- Serves 4-6

LO HAN CHAI

Ingredients:

1 cup parboiled vegetables
(carrots, peas, corn,
capsicum, etc.)
1 cup canned foodstuff
(mushrooms, gluten, bamboo
shoots, etc.)
100 gms white fungus soaked
in water and chopped
150 ml water
1/2 tsp salt
2 tsps cornstarch
2 tbsps soya sauce
pinch of ajinomoto
chilli sauce to taste
5 tbsps oil

Preparation Method:

Sauté mushrooms in oil for a minute or two. Add all the vegetables and fungus. Stir fry for another two minutes. Add soya sauce, ajinomoto, chilli sauce and salt. Stir and add water and cornstarch. Simmer for 2 minutes stirring constantly. When the sauce thickens, remove from heat and transfer on a platter.

- Serves 4



COTTAGE CHEESE AND SPINACH

Ingredients:

1 kg spinach leaves
1 small onion, chopped
*4 large tomatoes, blanched,
peeled and chopped*
1 tbsp ginger-garlic paste
3 green chillies, finely chopped
3 tbsps vegetable fat
3 tbsps oil
1 cup water
salt to taste
oil for frying
*1/4 kg home-made
cottage cheese (see recipe below)*

Preparation Method:

Wash the spinach to remove sand and grit. Chop finely, removing stems and strands. Mix all ingredients except cottage cheese and pressure cook for 15 minutes. Continue simmering for another 15 minutes. Mash it with electric food processor. Add cheese to spinach and cook to heat through. Serve hot, decorated with cream and cherries.

- Serves 4-6

HOME-MADE COTTAGE CHEESE

Ingredients:

1 lt full cream milk
juice of 1 lemon or lime
salt to taste
oil for frying

Preparation Method:

Boil milk. Add lemon or lime juice to the boiling milk. Cool, allowing the curdled milk solids to settle to the bottom of container and strain through a muslin bag. Discard whey. Press solids between two inverted flat bottomed plates to drain out any liquid. Carefully place cheese on rolling or flat board and cut into small cubes. Heat oil in a wok and deep fry cheese cubes until pale brown. Drain on paper towels.



STUFFED TOMATOES AND PEPPERS

Ingredients:

2 tomatoes
2 peppers
1 onion, finely chopped
2 potatoes, boiled and mashed
1 clove garlic, crushed
1 tbsps tomato paste
2 tbsps parsley, finely chopped
1/2 cup water
2 tbsps oil

Preparation Method:

Wash tomatoes and peppers. Slice top off tomatoes, scoop out flesh and reserve. Cut tops off peppers and scoop out seeds and pith. Heat oil and fry onions until soft. Add tomato pulp, garlic, parsley, tomato paste and water. Simmer for 10 minutes or until liquid is absorbed. Add potatoes and stir to blend in the mixture. Stand tomatoes and peppers in a plate and fill loosely with potato mixture. Heat 2 tablespoons of oil in a saucepan. Sauté stuffed tomatoes and peppers. Simmer gently for 10 minutes or until cooked. Serve hot with Indian bread.

Variation: For *Vegetable Sizzlers*, place stuffed tomato, stuffed pepper and a slab of fried home-made cottage cheese on a sizzler serving plate. Decorate with onion rings and lettuce leaves. Just before serving, boil 2 tablespoons oil in a saucepan, add a pinch of cumin seeds and carefully pour over stuffed vegetables to sizzle. Serve as snack or main dish.



CABBAGE ROLLS IN CURRY

Ingredients:

Cabbage Rolls

*1 head cabbage
250 gms potatoes,
boiled and mashed
1 cup green peas,
boiled and mashed
salt and pepper to taste
100 gms chick pea flour or besan
1/2 tsp chilli powder
1/2 tsp soda bicarbonate
oil for frying*

Curry

*1 small onion, chopped
and ground to a paste
1 tbsp tomato paste
1/4 tsp turmeric powder
2 tbsps yogurt
2 tbsps fresh cream
1 cup water
salt to taste
1/4 tsp garam masala*

Preparation Method:

Remove 8-10 leaves from cabbage. Discard any wilted or discoloured leaves. Boil 4 cups of salted water. Remove from heat and plunge cabbage leaves. Drain after 5-7 minutes. Mix potatoes, peas, salt and pepper to taste. Divide in equal portions. Place peas-potato mixture in centre of cabbage leaf and roll to enclose filling. Set aside. Prepare a thick batter by mixing besan, soda bicarbonate, salt and 1/4 teaspoon chilli powder. Heat oil in a pan. Immerse cabbage rolls in batter and deep fry until golden brown. Remove with slotted spoon on paper towels.

Heat 2 tablespoons oil in a pan. Add onion and sauté for 2 minutes. Stir in all curry ingredients with 1/4 teaspoon chilli powder. When curry boils, add cabbage rolls and simmer for 2 minutes. Cover and remove from heat. Allow to stand for 5 minutes, then garnish with coriander leaves. Serve hot with rice or rotis (see recipe in this book).

- Serves 4-6



YOGURT CURRY

Ingredients:

8-10 chick pea flour fritters
(see recipe in this book)
4 tbsps chick pea flour
2 cups yogurt
4 cups water
1/2 tsp turmeric powder
1 tsp ginger-garlic paste
1 tsp cumin seeds
1/2 tsp chilli powder
1 small onion, finely chopped
2 tpsps tamarind extract
1 tbsp oil
1 stalk curry leaves
1 tsp mustard leaves

Preparation Method:

Beat chick pea flour, yogurt and water and set aside. In a large pan heat oil and add cumin seeds. When they sputter, add onion and cook for 3-4 minutes. Add ginger-garlic paste and cook for a minute, stirring constantly. Pour yogurt mixture and add salt, turmeric powder and chilli powder. Cook on low heat for 8 minutes, then add tamarind extract and cook for 2 more minutes. Just before serving, heat 1 tablespoon of oil in a saucepan. Add mustard seeds and curry leaves. When seeds sputter, remove from heat and pour over curry. Add fritters and cook curry on low heat for 5 minutes. Serve hot with rice.

- Serves 6-8

MACARONI CHEESE BAKE

Ingredients:

1/2 kg elbow macaroni, cooked
115 gms margarine
1/4 to 1/2 cup flour
2 cups milk
salt and pepper to taste
18 slices processed cheese

Preparation Method:

Melt margarine over low heat. Add flour, salt and pepper so that mixture forms a thick paste. Keep stirring. Add milk and stir constantly over low heat until mixture becomes thick. Remove from heat. Pour cream sauce over macaroni and mix well. Cover bottom of baking dish with 6 slices of cheese. Pour half of macaroni mixture over cheese. Add another layer of cheese. Pour remaining macaroni over cheese layer. Top with another layer of cheese. Bake in 180 degree C oven for 20 to 25 minutes.

- Serves 4-6



CABBAGE STIR-FRIED

Ingredients:

*4 cups cabbage, shredded
1/4 cup ghee or clarified butter
salt to taste
cumin seeds, mint leaves
pinch of turmeric powder
1/2 tsp of red chilli powder*

Preparation Method:

Plunge shredded cabbage in salted boiling water and drain. Heat ghee in a heavy pan and add cumin seeds, mint leaves, then add cabbage and gently stir-fry. Add salt, turmeric powder and chilli powder. Stir to blend. Serve hot with rice or roti. Decorate with chillies, tomatoes and sliced lemon.

- Serves 4-6

CABBAGE WITH TOMATOES

Ingredients:

*2 medium onions sliced
1 medium cabbage shredded
1 tsp salt
1 tbsp vinegar
1 tbsp sugar
1/2 tsp caraway seeds
1/2 cup water
3 large tomatoes, blanched,
peeled and chopped
1 tbsp flour
oil for frying*

Preparation Method:

In deep saucepan heat a tablespoon of oil and add caraway seeds. When the seeds sputter add onions and sauté. Sauté until soft and golden. Add cabbage, vinegar, sugar, salt and water. Simmer, covered, over low heat for 15 minutes. Add tomatoes and simmer covered for 15 minutes more. Mix flour with 2 to 3 tablespoons of pan liquid. Make a smooth paste. Stir into cabbage. Cook uncovered stirring constantly until mixture thickens.

- Serves 4-6



PANEER TIKKA

Ingredients:

500 gms home-made cottage
cheese or paneer
1 thumb-size piece ginger
4 cloves garlic, minced
1 small onion, chopped
juice of one lemon
1/4 tsp black cumin seeds
1 whole cardamom, crushed
1/4 tsp powdered cloves
1/4 tsp powdered cinnamon
1/4 tsp chilli powder
2 tbsps tomato paste
1 cup yogurt
2 tbsps cream cheese
ghee or butter
1/4 cup fresh coriander, chopped

Preparation Method:

Blend onion, ginger, garlic in blender. Blend, further to a smooth paste with cream cheese and yogurt. Mix in all the ingredients. Cut cheese in cubes and marinate in yogurt mixture. Let stand for half an hour in a large saucepan. Heat on a very low flame for 15 minutes. Turn onto a serving platter, dot with butter and garnish with chopped coriander. Serve hot.

- Serves 4

Variation: For *Chilli Mock Duck*: Substitute Mock Duck for cheese cubes. Mock Duck should be washed in hot water containing a juice of half a lemon before cooking.

Another variation is *Spicy Beancurd*: Substitute deep fried cubes of soft beancurd for cheese cubes.



BAKED SPINACH

Ingredients:

2 tbsps vegetable fat
1/2 cup chopped onions
2 medium bunches
chopped spinach
25 gms cheddar cheese, grated
3/4 cup cream cheese
salt and pepper to taste
1/8 tsp garlic powder
1 can (8 oz.) tomato sauce
1/2 tsp oregano
1/2 tsp basil

Preparation Method:

Melt fat in a large pan over medium-high heat. Add onions and sauté until golden. Remove from heat. Immerse spinach in boiling water and boil for a minute. Drain well. Stir in cream cheese, salt, pepper and garlic powder. Spoon mixture into greased pie pan. Smooth top of mixture with back of a spoon. Sprinkle grated cheese. Combine tomato sauce, oregano and basil. Spread evenly over spinach mixture. Bake uncovered for 25 minutes at 180 degree C. Let stand 5 minutes before serving.

- Serves 4-6

SPINACH QUICHE

Ingredients:

200 gms home-made cottage
cheese, crumbled
Two cups spinach,
boiled and mashed
1 medium onion, finely chopped
2 stalks spring onion, chopped
salt and pepper to taste
1 tsp ginger-garlic paste
1 tsp tomato paste
1 pack (375 gms) puff pastry
1 green chilli, finely chopped
50 ml corn oil
melted butter

Preparation Method:

Fry onions and spring onions in oil for about 2-3 minutes until transparent. In a large bowl mix all the ingredients well. Take a buttered rectangular baking tray. Divide puff pastry dough into four equal portions and roll out into circles of 9" diameter. Take a greased cake tin and place one circle. Smear the top of the circle with oil and layer it with another one. Pour in spinach and cheese filling and cover it with another two circles, smeared with oil in between. Secure the edges of pastry. Brush the top with oil and place into a medium oven at 180 degrees C for about 30 minutes or until golden brown.

- Serves 4-6



SPAGHETTI SURPRISE

Ingredients:

*250 gms spaghetti
2 small onions, finely chopped
4 tomatoes, blanched,
peeled and chopped
1 cup milk
4 green chillies, finely chopped
6 tbsps tomato sauce
salt and pepper to taste
50 gms butter
1 cup grated cheddar cheese
2 tbsps chilli sauce
1/4 cup fresh coriander leaves
1/2 tsp all spice
Tomato slices for garnish*

Preparation Method:

Boil spaghetti in salted water. Drain and keep aside. Heat 2 tablespoons of oil in a pan and sauté onions for 2 minutes. Add tomatoes and cook until tender. Pour milk and stir in spaghetti. When it boils, add all ingredients and cook on low heat for 8-10 minutes, stirring constantly. Cover and remove from heat. Allow 5 minutes before transferring to a serving dish. Garnish with tomato slices and grated cheese. Serve hot.

- Serves 6-8

Hint: Add your choice of cooked vegetables (carrots, beans, cabbage, capsicum, mushrooms, beancurd, peas) for a variation.

FRIED POTATOES

Ingredients:

*500 gms potatoes, peeled
and sliced
salt and pepper to taste
oil for frying*

Preparation Method:

Heat oil in a wok and deep fry potatoes until golden brown and crisp. Remove with slotted spoon. Arrange on a serving platter and sprinkle salt and pepper over hot potatoes.



AUBERGINES IN SPICY GRAVY

Ingredients:

500 gms aubergines
2 onions, finely chopped
100 gms coconut, grated
1 tsp coriander seeds
5 green chillies, finely chopped
10 gms ginger, minced
10 gms garlic, minced
5 gms jaggery
juice of 1 lemon
a sprig of curry leaves
salt to taste
1/4 tsp turmeric powder
oil for frying
1/2 tsp mustard seeds

Preparation Method:

Wash aubergines, cut tops and quarter. Heat oil in a wok and deep fry aubergines, skin side in oil, until skin is golden brown. Drain and set aside. Heat 2 tablespoons of oil in a large pan. Fry ginger, coriander, chillies, garlic and onions until tender. Add coconut, aubergines, jaggery, turmeric powder, salt and lemon juice. Stir well. Cover and simmer until gravy thickens.

Heat 2 tablespoons of oil in a saucepan. Add mustard seeds and curry leaves. When mustard seeds crackle, remove from heat and pour over aubergines. Serve hot.

- Serves 6

BRAISED BEAN CURD AND BROCCOLI

Ingredients:

2 tbsps hot sesame oil
1 cup cubed bean curd
2 cups broccoli flowerets
1 tsp cornstarch dissolved in
1/2 cup warm water.
2 tbsps tamarind extract
1/4 tsp hot red
pepper flakes (optional)
1 tsp grated fresh ginger
2 cloves garlic minced

Preparation Method:

In a medium saucepan, sauté bean curd and broccoli in oil for 3 minutes over medium heat. Remove from the pan and place the mixture in a bowl. Combine the remaining ingredients in the pan. Cook on medium-low heat for 1 minute. Add the broccoli mixture and cook, covered, for 2 minutes.

- Serves 4-6



PAMPANGUANIAN PANCIT

Ingredients:

500 gms rice vermicelli (*pancit*)
1/2 head cabbage, shredded
2 carrots, julienne in 2"
long strips
50 gms broad beans, cut in slants
2 slabs beancurd, cubed
and deep fried
1 tsp ajinomoto
3 cloves garlic, crushed
3 tbsps soya sauce
salt to taste
2 tbsps of oil

Preparation Method:

Soak vermicelli in water for half an hour. Heat oil in a large pan and sauté garlic. Add fried beancurd and shredded cabbage. Stir fry for a minute and add 1 cup water. Stir in ajinomoto and soya sauce. Add salt, if desired. Bring to boil. Add carrots and broad beans. Simmer for 5 minutes. When vegetables are tender, add vermicelli. Stir-fry, mixing well with vegetables. Cook for 5 minutes, stirring constantly. Cover and remove from heat. Allow 5 minutes before transferring to a serving dish.

- Serves 6-8

VERMICELLI TREAT

Ingredients:

250 gms wheat vermicelli, roasted
1 lt milk
2 tbsps oil
2 cups sugar
chopped nuts (almonds,
cashewnuts or walnuts)

Preparation Method:

Heat oil in a heavy bottomed pan with a tight fitting cover and add vermicelli. Fry for 2 minutes. Keep stirring to coat vermicelli with oil and to avoid burning. Pour milk and then add sugar. Bring to boil and reduce heat. Cook until all liquid is absorbed, stirring from time to time. Cover and remove from heat. Allow 10 minutes before transferring to a serving dish or bowl. Fluff vermicelli with a fork and garnish with chopped nuts.

- Serves 6



MACARONI - SAIGON STYLE

Ingredients:

*4 cups cooked elbow macaroni
500 gms onions, finely chopped
5 tomatoes, blanched,
peeled and chopped
tomato ketchup
1 tsp red chilli powder
salt to taste
4 tbsps oil*

Preparation Method:

Heat oil in a pan and sauté onions until transparent. Add tomatoes, salt, chilli powder and cook until tender. Add boiled macaroni and mix well. Heat through, stirring constantly. Transfer macaroni mixture to a round dish and drizzle some tomato ketchup over the dish. Serve as a snack or a main dish.

- Serves 6-8

YUMMY YAM

Ingredients:

*250 gms yam
100 gms peas
100 gms tomatoes, blanched,
peeled and pureed
1 onion, finely chopped
50 gms ghee or clarified butter
1 Indian bay leaf
1/4 cup fresh coriander*

Sauce

*2 tsps cumin seeds
4-5 red chillies
2 cloves garlic, minced
5 gms ginger, minced
1/8 tsp turmeric powder
1/4 tsp garam masala
salt and sugar to taste
2 tsps vinegar*

Preparation Method:

Chop yam into big pieces, wash and boil in salted water. Drain, peel and mash, then set aside. Grind all the ingredients of sauce to a paste. Heat butter in a large pan, fry onions until golden brown along with bay leaf. Add paste, tomato puree, peas and cook for 2-3 minutes on low heat, then add mashed yam. Cover and cook on very low heat for 2 minutes, stirring constantly. Transfer to a serving platter and garnish with coriander leaves.

- Serves 6-8



SPICY PEAS POTATO CURRY

Ingredients:

*500 gms potatoes, parboiled
and diced*
500 gms green peas
*250 gms tomatoes, blanched,
peeled and pureed*
*2 medium onions, finely
sliced(optional)*
1/4 tsp turmeric powder
1 tsp chilli powder
1 tsp garam masala
1/2 tsp cumin
2 tbsps oil
50 gms vegetable fat
50 gms yogurt
few cashewnuts

Preparation Method:

Heat oil in a saucepan. Add onion and sauté until light brown. Mix in a blender to a fine paste. Heat fat in a large saucepan. Stir-fry potatoes and then add peas. Fry for a minute. Pour in tomato puree, onion paste and spices. Simmer for 3 minutes. Add yogurt and cashewnuts, mix well and simmer until done. Transfer to a serving dish. Serve with Indian bread, pita bread or rice.

Variation: Substitute fried potatoes with cubed and fried cottage cheese.

- Serves 6-8

BAKED POTATOES

Ingredients:

*200 ml cream of vegetable soup
(see recipe in this book)*
1/2 tsp paprika
1/2 tsp pepper
*4 medium baking potatoes
(cut in 1/4-inch slices)*
1 cup grated cheddar cheese

Preparation Method:

In small bowl combine soup, paprika and pepper. In greased baking dish, arrange potato slices in overlapping rows. Sprinkle with cheese, spoon soup mixture over cheese. Bake at 200 degrees C for an hour or until potatoes are tender.

- Serves 4-6



SPICY OKRAS

Ingredients:

500 gms okras
(ladies finger or bhendi)
1 large onion, finely sliced
4 tomatoes, blanched,
peeled and chopped
1/2 tsp turmeric powder
1/2 tsp chilli powder
1/2 tsp coriander powder
1/2 tsp garam masala
salt to taste
4 tbsps of oil

Preparation Method:

Cut stem ends of okras and slice in small pieces. Heat 2 tablespoons oil in a large saucepan and sauté onions until soft, stirring constantly. Add tomatoes and cook until soft. As tomato-onion mixture is being cooked, heat 2 tablespoons oil in a saucepan and stir fry okras for 5 minutes. Transfer okras to tomato-onion mixture and add all the spices. Mix well and cook, covered on low heat for 5 minutes.

- Serves 4-6

PUREED AUBERGINES (BAINGAN BARTHA)

Ingredients:

550 gms large aubergines
2 cloves garlic, crushed
1 medium onion, finely chopped
2 green chillies, finely chopped
4 medium tomatoes, blanched,
peeled and pureed
juice of half a lemon
or tamarind extract
1/2 cup chopped parsley
1/4 cup water
100 ml olive oil
tomato slices, cherries and
cream for garnish

Preparation Method:

Roast aubergines on a roasting tray on gas or in an oven or on a charcoal fire. Remove the charred skin and excess liquid. Mash aubergines with a potato masher or in a food processor. Heat 2 tablespoons oil in a heavy pan. Sauté onions until transparent. Add all ingredients along with aubergine paste. Stir-fry for 2 minutes. Decorate with tomato and cherry. Sprinkle cream and serve hot with Indian bread, Arabic bread or Pita bread.

Variation: Cover aubergines with water in a large pan and boil until tender. Peel skin and blend in a blender. Add rest of ingredients, omitting tomatoes and blend until thoroughly combined. Serve cold.

- Serves 4-6



GARBANZOS AND POTATO CURRY

Ingredients:

*1 tin garbanzos, drained
125 gms potatoes, parboiled,
quartered and fried
1 onion, finely chopped
4 tomatoes, blanched,
peeled and pureed
1 tsp of lemon juice
1/4 tsp cinnamon
1/2 tsp cumin, powdered
1/2 tsp coriander powder
1/8 tsp turmeric powder
1/2 tsp chilli powder
salt and pepper to taste
1/4 cup fresh coriander
20 gms vegetable fat
butter for garnish*

Preparation Method:

Heat fat in a large saucepan, fry onions until transparent. Add garbanzos, stir-fry for a minute. Pour in tomato puree and add all spices. Simmer for 5 minutes, stirring constantly. Add potatoes and lemon juice. Continue cooking on low heat until potatoes are tender. Cover and remove from heat. After 2 minutes turn on to a serving dish, dot with butter and sprinkle coriander.

- Serves 6

CARROTS CRUMBLE

Ingredients:

*1 kg carrots, coarsely grated
2 onions, chopped
2 cups bread crumbs
1/4 cup butter
salt to taste
3/4 cup fresh cream*

Preparation Method:

Fry bread crumbs in butter. Remove from heat. Add salt and cream. Mix with carrots and onions in a bowl. Put into greased mould. Bake at 200 degrees C for 30 minutes.

- Serves 6



BEAN CURD WITH MUSHROOMS

Ingredients:

*1 small can button mushrooms
2 cakes bean curd, cut into cubes
oil for frying*

Sauce:

*1 spring onion, chopped
2 tps soya sauce
1 tsp ajinomoto
salt to taste
4 tbsps tomato ketchup
1 tsp chilli sauce
5 cloves garlic, finely chopped
1 tbsp corn starch
200 ml water
spring garlic for garnishing*

Preparation Method:

Fry mushrooms and bean curd in oil, drain and set aside. Heat 3 tablespoons of oil in a large pan. Sauté spring onions and garlic for 1 minute. Add water and bring to boil. Add all ingredients of sauce except cornstarch. Then add mushrooms, bean curd and cornstarch. Simmer, stirring until the sauce thickens. Transfer to serving dish and garnish with spring garlic.

Variation: For *Vegetable Manchurian*: Mushrooms and bean curd can be substituted with vegetable fritters.

- Serves 4-6

SPINACH & CAULIFLOWER IN CHEESE

Ingredients:

*2 medium bunches of spinach
1 small head cauliflower,
cut into florets
1 glass (8.oz.) cheese spread
4 tomatoes, blanched,
pitted and pureed
1 onion, finely chopped
salt and pepper to taste
2 tbsps oil*

Preparation Method:

Wash spinach to remove sand and grit. Cut stems and discard. Chop leaves. In a large pan heat oil. Add cauliflower and stir-fry for 5 minutes. Remove from pan with slotted spoon and set aside. Heat a tablespoon of oil in the same pan and add onions. Fry for a minute and add tomato puree. Continue cooking for 2 minutes, stirring constantly. Add cauliflower, spinach, salt and pepper. Simmer for 10-15 minutes, stirring occasionally. When all water is absorbed add cheese. Stir and remove from heat. Serve hot.

- Serves 6-8



VEGETABLE LASAGNE

Ingredients:

450 gms lasagne noodles
4 cups cottage cheese
4 cups Mozzarella cheese
2 cups cream cheese
3/4 cup grated Parmesan cheese
3/4 cup milk
1/2 cup minced onion
1 tsp dried basil
1 tsp garlic powder
1/2 tsp oregano leaves
2 cups broccoli florets
1 cup shredded carrots
1 cup sliced mushrooms
tomato slices and fresh basil
for garnish

Preparation Method:

While lasagne noodles are boiling, combine all ingredients. Mix well to coat broccoli, carrots, onions and mushrooms with mixed cheese and spices. Spread a little cheese mixture on bottom of a baking pan.

Add a layer of boiled noodles, then continue to layer alternately with cheese mixture and noodles, finally ending with a layer of cheese mixture. Sprinkle a little extra grated cheese on top.

Bake at 180 degrees C for 50 minutes or until hot and cheese bubbles on top. Decorate with tomato slices and basil.

- Serves 6-8

Variation: To make *Baked Pasta*: substitute lasagne noodles with spiralled or shelled pasta. Alternate layers with pasta, cheese mixture and tomato sauce. Bake.

- Serves 4-6



MUSHROOM MYSTERY

Ingredients:

*1/2 cup butter
1/2 cup milk
1/2 cup cream
1/2 cup grated cheddar cheese
1/2 cup yogurt
1 onion, finely chopped
3 cups button mushrooms,
chopped
salt and pepper to taste
pinch of dry mustard*

Preparation Method:

Melt butter in a saucepan. Sauté onions and mushroom for 8 minutes on low heat. Stir in milk and bring to boil, then add cheese and heat until cheese melts. Stir in remaining ingredients. Keep stirring just for a minute and remove from heat. Serve as main dish with Indian bread or as a stuffing for sandwiches and bread rolls.

- Serves 4-6

VEGETABLE AU GRATIN

Ingredients:

*1 large head of cauliflower
cut in florets
1 cup diced carrots, parboiled
250 gms potatoes, boiled and cubed
1/3 cup butter or margarine
1/3 cup all-purpose flour
3/4 tsp salt
1/4 tsp pepper
2 & 1/2 cups milk
1 cup peas, frozen, thawed
or fresh cooked
1/2 cup canned sliced mushrooms,
drained
2 cups grated Cheddar cheese*

Preparation Method:

Cook cauliflower in salted water until barely tender. Drain. Melt butter in saucepan. Mix in flour, salt and pepper. Stir in milk until it boils and thickens. Add peas, mushrooms, carrots, potatoes, 1 cup of cheese and cauliflower to sauce. Stir. Transfer to a baking dish. Scatter remaining 1 cup cheese over top. Bake in an oven, uncovered at 180 degrees C for about 30 minutes.

- Serves 6-8



NAVRATAN CURRY

Ingredients:

30 gms carrots, parboiled and
diced
30 gms frozen green peas,
thawed
30 gms green beans, boiled
50 gms potatoes, diced and
cooked
30 gms cauliflower, cut into
florets
30 gms capsicum, finely sliced
50 gms onions, finely chopped
50 gms tomatoes, pureed
50 gms home-made cottage
cheese
15 gms raisins
15 gms cashewnuts
30 gms pineapple pieces
10 gms cherries
30 gms vegetable fat
2 tbsps ginger garlic paste
1 tbsp chick pea flour (optional)
1/2 tbsp garam masala
1 tsp chilli powder
1 tsp coriander powder
1/4 tsp turmeric powder
1 cup yogurt
500 ml water
salt to taste

Preparation Method:

Heat 2 tablespoons of vegetable fat in a large saucepan. Sauté capsicums and set aside.

Heat 2 tbsps of fat in another saucepan. Add onions and fry until transparent. Stir in ginger garlic paste. Add chick pea flour and fry lightly.

Sprinkle chilli powder, turmeric powder, coriander powder and salt. Add tomatoes. Stir and cook for further two minutes.

Pour in yogurt, stir and then add water, bring to boil and simmer for 3 minutes, stirring constantly.

Add cubed and fried home-made cottage cheese, all prepared vegetables, pineapple pieces and garam masala. Mix well. Turn onto a serving plate and sprinkle cashewnuts and raisins on top. Decorate with cherries.

- Serves 6-8



POTATOES IN SPICY GRAVY

Ingredients:

250 gms small potatoes, parboiled
25 gms yogurt
25 gms vegetable fat
1/2 tsp cumin seeds
1/2 tsp turmeric powder
1/2 tsp garam masala
1/2 tsp sugar
salt to taste
1/4 cup water
stalk of curry leaves
thumb-sized piece ginger,
pounded
3-4 red chillies,
roasted and pounded
few peppercorns,
roasted and powdered
1 tsp coriander seeds,
roasted and powdered

Preparation Method:

Mix yogurt with pounded and powdered ingredients. Add garam masala and turmeric powder. Coat potatoes with yogurt mixture. Melt fat in a large saucepan and add cumin seeds, then add potatoes and stir-fry for 2-3 minutes. Reduce heat and add salt, sugar and water. Continue to simmer and cook covered, until potatoes are tender and mixture is dry. Serve hot.

- Serves 4-6

STRING BEANS

Ingredients:

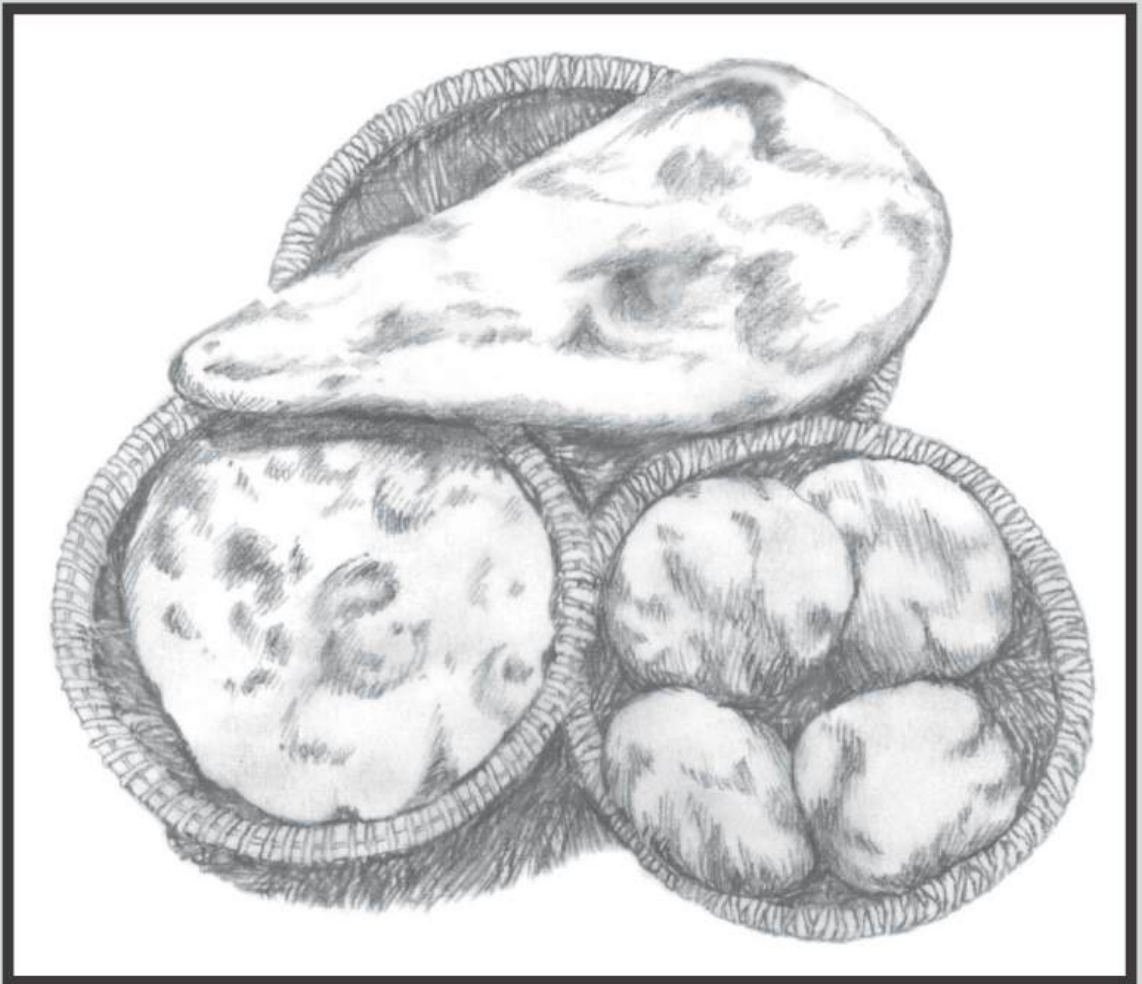
250 gms string beans
2 tomatoes, blanched,
pitted and pureed
2 cloves garlic, finely chopped
2 tbsps soya sauce
salt to taste
2 tbsps oil

Preparation Method:

Cut string beans in short strips of 6 cm in length. Blanch string beans in boiling salted water for 4-5 minutes. Drain and run under cold water. Heat oil in a heavy bottomed pan. Fry garlic for a minute and add tomato puree. After 30 seconds add all the ingredients and cook loosely covered for 6-8 minutes or until done. Serve hot.

- Serves 4-6

INDIAN BREADS





NAAN

Ingredients:

*3 cups plain flour
1 tsp salt
1/2 tsp baking powder
1/2 tsp soda bicarbonate
1 tsp dry yeast in 2 tps
lukewarm water and 1 tsp sugar
1/2 cup milk
4 tablespoon plain yogurt
1/2 cup butter*

Preparation Method:

Sift flour, soda bicarbonate and baking powder together. Add butter and salt. Mix well. Add yogurt, milk and yeast mixture and knead well to a smooth dough. Cover and leave for 4 hours until dough doubles in size. Take a lime sized ball of dough each time and roll a little on a floured surface. Flatten the rolled ball using both hands and pull the dough, by transferring from one hand to another to form the typical shape of naan. Heat griddle or a heavy bottomed frying pan, which has been greased. Cook naan only on one side on griddle. Transfer the naan directly over reduced gas flame to cook on the other side. Cook until slightly brown. Repeat process with remaining dough. Serve hot sprinkled with parsley.

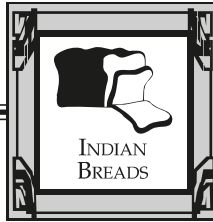
BATURAS

Ingredients:

*250 gms plain flour
100 gms yogurt
1/8 tsp soda bicarbonate
vegetable fat for frying
salt to taste*

Preparation Method:

Knead flour well with yogurt, then add salt and soda bicarbonate and knead once again. Set aside for two hours. Divide in lime sized balls. Roll out in thin circles of 5 cm in diameter and 1/2 cm in thickness. Deep fry on one side for 1/2 a minute. Drain with slotted spoon and bake on griddle until very light brown on both sides.



STUFFED PARATHAS

Ingredients:

100 gms plain flour
100 gms wheat flour
50 ml milk
1/4 cup yogurt
salt to taste
20 gms ghee or butter

Stuffing

150 gms potatoes, boiled and
mashed
4-5 green chillies, finely chopped
1/4 cup fresh coriander, chopped
salt to taste

Preparation Method:

Sift the wheat flour and plain flour together. Add yogurt, milk and little water. Knead well to a stiff dough and divide in equal portions and shape in small balls. Mix thoroughly all ingredients for stuffing. Roll dough as in case of Indian Bread and stuff with little potato-vegetable mixture. Work each piece in a ball and roll out to thin circles. Bake on a greased griddle until light brown on both sides. Serve hot.

Variations: Different stuffings bring in the variation in Parathas. Parathas can also be prepared without any stuffing.

ROTIS

Ingredients:

250 gms whole wheat flour
125 ml water
salt to taste
vegetable fat

Preparation Method:

Sieve flour, add salt and water. Knead well to make a stiff dough. Divide in small balls of 5 cm in diameter. Roll out each ball on wheat floured surface to thin circles not more than 1/2 cm thick. Bake well on both sides on a large non-stick pan or griddle. Smear with melted fat and serve hot.

PURIS

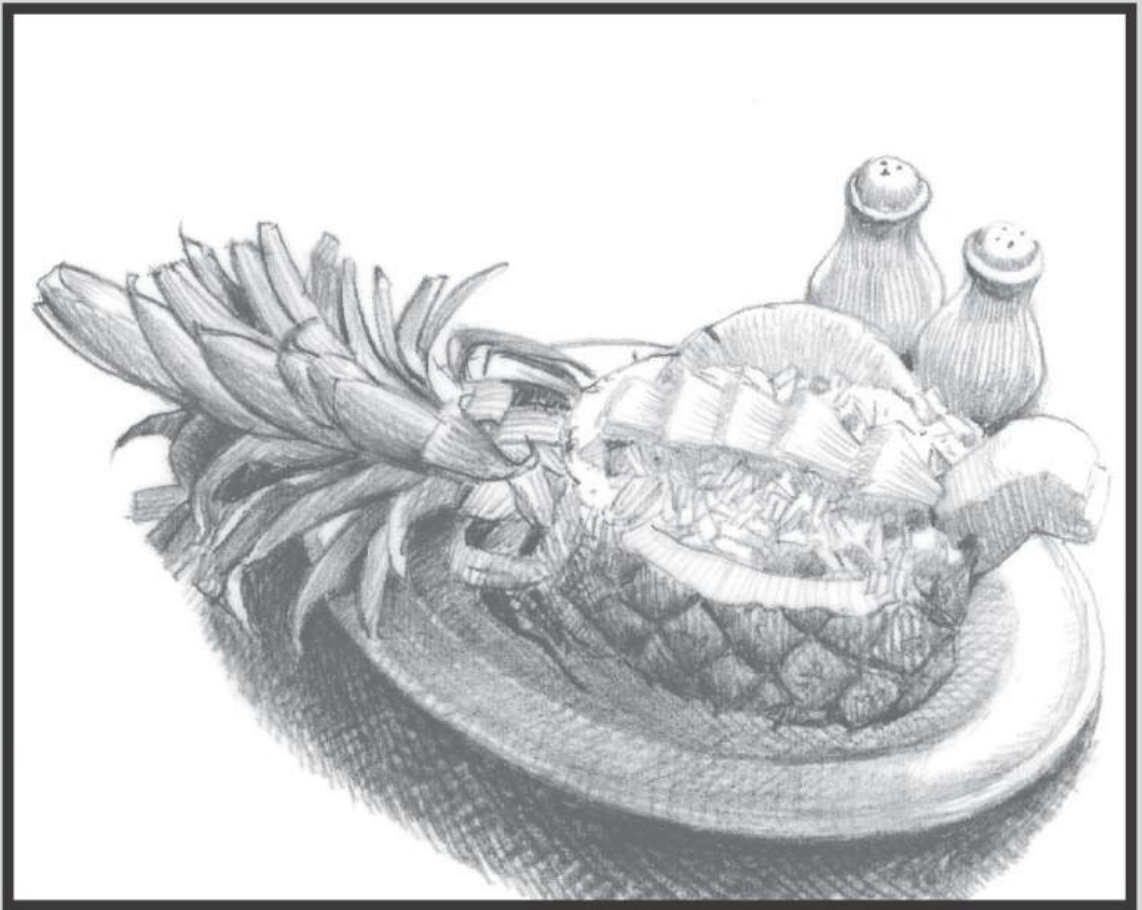
Ingredients:

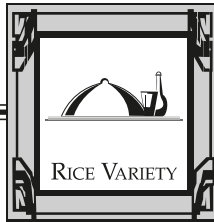
2 cups wheat flour
water
salt to taste
oil for frying

Preparation Method:

Mix water and flour and knead to a stiff dough. Shape dough like small Rotis and deep fry one at a time until golden brown on both sides. Serve hot with curry.

RICE VARIETY





BRAZILIAN RICE

Ingredients:

*500 gms long grain rice,
soaked in water
120 ml vegetable oil
1 small onion chopped
1 clove garlic, crushed
500 ml boiling water
salt to taste*

Preparation Method:

Heat oil in a large pan and stir-fry onion and garlic until tender. Drain rice and add to pan, let cook until transparent, stirring constantly. Pour water and cook for 15 minutes. When the rice is partially cooked, lower heat. Cook uncovered until all water is absorbed. Cover and remove from heat. Fluff the rice with a fork before serving.

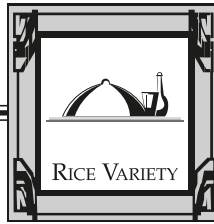
BURMESE RICE

Ingredients:

*1 kg rice, washed and drained
1/4 cup roasted peanuts
1 cup grated coconut, roasted
1 cup coconut milk.
1/2 cup sesame seeds, roasted
1 thumb-sized piece ginger,
cut into thin strips
1 cup water
5 tbsps corn oil
1/4 cup fresh coriander*

Preparation Method:

Drain rice and soak again in hot water. Heat oil in a deep pan. Add sesame seeds and fry for a minute. As soon as the seeds start to crackle add ginger and cook for an extra minute. Add roasted coconut and peanuts. Reduce heat and cook until golden brown, stirring all the while. Drain water from rice and add to the roasted mixture in the pan. Stir fry until rice is transparent, then add salt to taste and water. Cook over medium heat until rice grains are almost cooked. Blend in coconut milk. Continue to simmer until coconut milk is absorbed and rice is done. Transfer to a round, large serving bowl. Press lightly with a wooden spoon to fill bowl and even surface. Sprinkle coriander. Serve hot or cold.



ONION RICE

Ingredients:

*3 cups basmati,
Indian long grain rice*
2 tbsps ghee or clarified butter
2 tbsps vegetable oil
2 onions, finely sliced
1 tsp lemon juice
4-1/2 cups water
salt to taste
1 Indian bay leaf
2 whole cloves
1 stick of cinnamon
1/2 tsp chilli powder
1/2 tsp coriander powder
raisins for garnishing

Preparation Method:

Clean, wash and soak rice for half an hour. Heat oil in a large pan and fry onions until golden brown. Set aside half the fried onions for garnishing. With the remaining fried onions in the pan, add rice and fry for 2 minutes, until rice gets the pale brown colour of fried onions. Add water, butter, chilli powder, coriander powder, lemon juice and salt. Bring to boil for a minute, then lower heat and cook for 20 minutes. Rice should now be three-quarters cooked. Add bay leaf, cinnamon and cloves. Fluff the rice with fork and place the rice in a warm oven until all moisture has evaporated and each grain of rice is separate. Remove bay leaf, cinnamon and cloves and stir in fried onion. Turn onto serving plate. Sprinkle raisins on top.

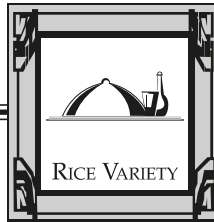
GREEN RICE

Ingredients:

*2 cups rice, soaked in water
for half an hour*
*2 cups green peas soup
(see recipe in this book)*
1 cup water
1/2 cup chopped celery
1/2 cup chopped onion
1 cup broccoli florets, parboiled
1/2 cup shredded cheddar cheese
2 tbsps oil

Preparation Method:

Heat oil in a heavy bottomed pan and sauté onions for a minute. Add green peas soup and bring to boil. Drain rice. Add rice and remaining ingredients to the boiling soup. Bring to boil. Simmer uncovered until all liquid is absorbed, stirring at regular intervals.



INDIAN RICE

Ingredients:

*3 cups Basmati,
Indian long grain rice,
washed and soaked
for half an hour.*
1 cup peas
1 onion finely chopped
1 tsp garlic-ginger paste
1 big carrot, grated
1 tsp salt
1 bay leaf
2 cardamoms, crushed
4 cloves
1 thumb-sized cinnamon stick
1 tsp lemon juice
4 tbsps oil
3 tbsps clarified butter or ghee
*100 gms chopped nuts, cherries,
raisins and pineapple bits
for garnishing*

Preparation Method:

Heat oil and plunge all spices. When brown, add chopped onions and fry until soft and transparent. Add grated carrot, peas, ginger-garlic paste and fry for a minute, stirring constantly. Stir in rice, then add water and lemon juice. Bring to boil, then simmer for 20 minutes, covered loosely over tiny flame. Turn cooked Indian rice or biryani onto serving plate. Remove bay leaf, cloves and cinnamon stick. Melt butter in a saucepan and pour hot melted butter over the rice dish. Sprinkle nuts, raisins and pineapple bits on top.

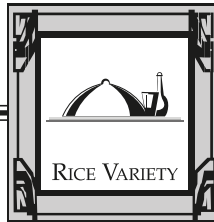
ITALIAN RICE

Ingredients:

3 cups rice
5 cups vegetable stock or water
2 tbsps butter
1/4 cup grated cheese
1/8 tsp paprika
1/8 tsp pepper

Preparation Method:

Melt butter. Add rice and sauté for 1 minute. Heat vegetable stock to boiling point and pour over the rice. Add cheese, paprika and pepper and bake in oven at 200 degree C for 1 hour. Serve hot.



INDONESIAN RICE

Ingredients:

3 cups rice
1 cup coconut milk
3 cups water
1/2 tsp turmeric powder
6 cardamom pods, crushed
10 curry leaves
1 onion, finely chopped
pinch of powdered cloves
salt to taste
dash of freshly ground pepper

Preparation Method:

Wash rice and drain. Heat oil in a saucepan. Add curry leaves and onions. Fry until onions are transparent. Add drained rice, turmeric powder and coconut milk. Add pepper, cloves, salt and cardamoms and stir to blend. Finally, add water. Bring rice to boil, then simmer until done. While transferring to a serving dish, remove all whole spices.

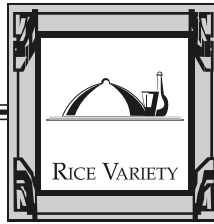
JAPANESE RICE CAKES

Ingredients:

6 cups cooked rice
(Japanese variety,
slightly glutinous)
1/2 cup vinegar
75 gms sugar
20 gms salt
horseradish, grated
soya sauce
cooked dried gourd (kampyo)
for topping
cooked dried mushrooms (shiitake)
for topping

Preparation Method:

Mix vinegar, salt and sugar and pour evenly over cooked rice in a bowl. Cut vinegar mixture into rice with a wooden spoon. This is sushi or Japanese rice. Until the time it is served, keep sushi rice in a wooden tub covered with damp cloth. To serve, mould 1 tablespoon of rice, at a time, on the palm of your hand. Arrange moulded rice in a serving platter. Top with mushrooms, gourd or your choice of vegetables. Serve with soya sauce mixed with little horseradish as a dip.



BAKED CURRY RICE

Ingredients:

3 cups long grain rice
150 gms home-made cottage cheese
1 cup green peas, boiled
1/4 tsp cumin seeds
2 green chillies, finely chopped
2 tbsps ghee or butter
salt to taste

Curry

1 onion, finely chopped
1 cup grated coconut
1 cup coconut milk
2 tbsps ghee or butter
salt to taste

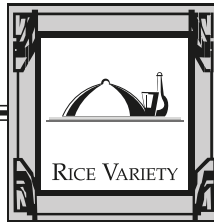
Paste

4 cloves garlic, minced
6 red chillies, chopped
2 tsps coriander seeds
1 tsp cumin seeds
3 tbsps grated coconut
4 cardamoms
1 thumb-size ginger, minced

Preparation Method:

Boil rice in 5 cups water. Cut cheese into cubes. Heat ghee in a pan and add cumin seeds, chillies, cheese, salt and rice. Fluff rice with a fork. Remove from heat and set aside.

For curry, heat ghee in a pan. Add onions and paste ingredients. Sauté until tender. Pour coconut milk, sprinkle grated coconut and salt. Cook for 10 minutes on very low heat. Remove curry from heat. Take a large piece of aluminium foil and spread alternate layers of rice and curry, top and bottom layer being that of rice. Secure edges of foil by overlapping and rolling like a flute to enclose rice and curry. Bake in hot oven at 200 degrees C for 20 minutes. Serve hot.



THAI RICE

Ingredients:

2 cups rice
3 cups water
lime slices
lemon leaves

Preparation Method:

Boil water and add rice. Cover and continue cooking over low heat until all water is absorbed and rice is soft. To test, press few grains of rice between thumb and index finger, should feel soft like a mashed potato. Serve hot and decorate with lime slices and lemon leaves.

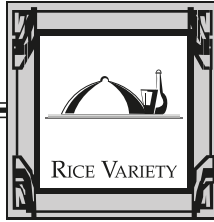
PHILIPPINE RICE

Ingredients:

5 cups cooked rice
5 cloves garlic, crushed
3 tbsps soya sauce
2 stalks spring onion, chopped
5 tbsps oil

Preparation Method:

Heat oil in a heavy frying pan. Fry spring onion and garlic, then add soya sauce and cooked rice and cook for 2-3 minutes, stirring constantly. Serve hot.



LEMON RICE

Ingredients:

3 cups long grain rice
4-1/2 cups water
2 tbsps oil
1 tsp yellow mustard seeds
1 Indian bay leaf
2 cloves
1 inch cinnamon stick
pinch of turmeric powder
rind of one lemon, grated
salt to taste
coconut, grated for garnishing
1/4 cup fresh coriander, chopped

Preparation Method:

In a large pan heat oil and fry mustard seeds. When they pop, add turmeric and rice, then fry for 3 minutes until the rice is transparent. Add lemon rind, salt, water, cloves, cinnamon stick and bay leaf. Bring to boil for a minute, stir once and cook for 20 minutes on low heat. Fluff rice with fork and place in a warm oven until all water is evaporated and each rice grain is separated. Remove cinnamon stick and bay leaf. Turn onto a serving plate. Sprinkle grated coconut and fresh coriander.

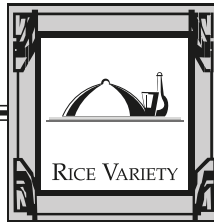
SAFFRON RICE

Ingredients :

1-1/2 cups long grain rice
2 tbsps vegetable oil
1 (3 inch) cinnamon stick
7 whole cloves
5 cardamom pods (optional)
1 tsp salt
1/4 tsp crumbled saffron
2 tsps milk
2-3/4 cup water

Preparation Method:

Rinse rice. In a saucepan, heat oil. Add cinnamon, cloves and cardamom pods. Fry the spices, stirring for 30 seconds. Add rice, stir for a minute. Add water and salt; bring to boil. Cover and cook over low heat for 15 minutes. Add milk to saffron and cook until hot, dribble over rice and continue to cook rice for 5 minutes. Remove from heat. Let stand for 5 minutes.



CHINESE RICE SERVED IN A PINEAPPLE

Ingredients:

1 whole fresh pineapple
4 cups long grain rice cooked
115 gms peas
115 gms carrots, parboiled and diced
115 gms onions, chopped
3 spring onions, chopped
2 tbsps soya sauce
4 tbsps oil
salt and pepper to taste

Preparation Method:

Cut off one-third of pineapple lengthwise. Scoop out the flesh and dice finely to make a cupful. Turn the empty pineapple shell upside down to drain excess juice. Heat oil and fry chopped onions. Add carrot and peas, fry until tender. Add cooked rice, fry well together. Stir in pineapple cubes, soya sauce, salt and pepper. Spoon rice to the pineapple boat and serve hot.

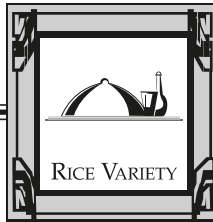
SPANISH RICE

Ingredients:

2 cups uncooked rice
2 large onions
4 tomatoes, cut to pieces
4 capsicums, cut to pieces
2 cloves of garlic
3 green chillies
1/2 tsp turmeric powder
1 tsp of paprika
3 cups of water
salt to taste
oil for frying

Preparation Method:

Boil rice. Roast chillies on a frying pan for a few minutes. Heat oil in a large pan and fry onions until transparent. Add the pounded garlic, turmeric powder and chillies and fry for a minute more. Add tomatoes and capsicum and cook for four minutes. Add the cooked rice, salt and paprika and mix well. Cook on slow fire for three minutes. Serve hot.



MEXICAN RICE

Ingredients:

2 cups rice
3 cups water
4 green chillies, chopped
1 clove garlic, crushed
1/4 cup fresh coriander
1/2 onion, chopped
1 cup grated cheddar cheese
1 cup cream
500 gms baby carrots
butter

Preparation Method:

Blend onion, garlic, chillies and coriander in a blender. Mix with cheese and cream and set aside. Cook rice until almost all water is absorbed but not completely cooked. Stir in cheese-chilli-cream mixture. Add a drop of green food colouring, if required. Continue cooking on low heat until done. Serve with parboiled carrots which have been tossed with butter in a sauce pan on low heat. To serve, place carrots in centre of individual plates and surround with rice.

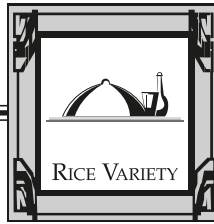
GERMAN RICE

Ingredients:

3 cucumbers
3 cups water
white sauce for coating
3 tomatoes diced
1/2 tsp crushed basil
1 large onion chopped
salt and pepper to taste
2 cups white rice
1 tbsp cumin seeds, pounded
100 gms grated cheddar cheese
1/2 cup chopped fresh parsley

Preparation Method:

Sauté the chopped onion in 2 tablespoons of butter. Add basil and cumin seeds. When the seeds sputter, add rice, salt and water. Bring to boil and continue cooking, uncovered until all water is absorbed. Stir in tomatoes, parsley and pepper. Cover and remove from heat. Peel cucumbers, cut lengthwise into 2 halves and scrape out the seeds. Slice cucumbers thickly. Melt 3 tablespoons of butter in a pan and sauté cucumbers for 3 minutes. Coat with white sauce and heat for few more minutes. Transfer cucumbers, a portion each, to individual plates and surround them with the rice. Serve immediately.



RICE WITH MOCK DUCK

Ingredients:

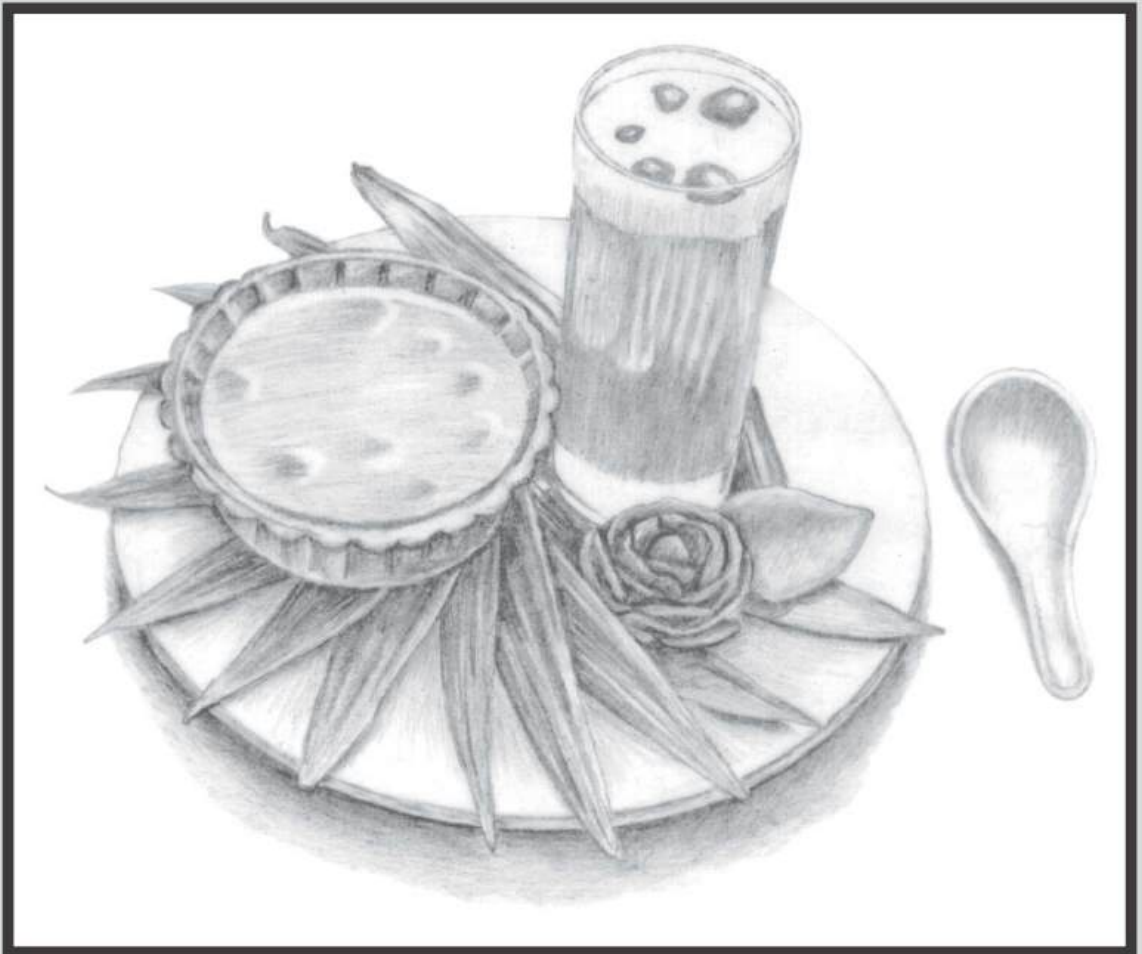
2 onions, finely chopped
3 tbsps vegetable fat
2 cups white rice,
rinsed and drained
1 cup chopped green pepper
1 tsp chilli powder
4 tomatoes, blanched,
peeled and chopped
1 cup frozen green peas, thawed
2 tsps salt
4 cups water
1 can mock duck
1 cup yogurt
juice of 2 lemons
1 tsp garam masala
chopped fresh tomato
for garnishing
chopped green pepper
for garnishing

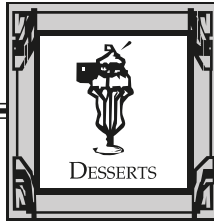
Preparation Method:

Wash mock duck with hot water containing lemon juice. Cut into small pieces. Mix yogurt, a teaspoon of salt and garam masala. Marinate mock duck in yogurt mixture for at least an hour. In a saucepan heat one tablespoon oil and stir-fry marinated mock duck until the mixture is dry. Remove from heat and set aside. In a medium-size heavy bottomed pan with tight-fitting cover, sauté onion in hot vegetable fat. Add rice and cook over medium heat until lightly browned, stirring constantly. Add green peppers, peas, canned tomatoes, chilli powder, a teaspoon of salt and water. Bring to boil, then reduce heat and simmer, covered for 15 minutes. When the rice is almost cooked, add marinated mock duck. Fluff rice to mix mock duck evenly. Continue cooking for 5-7 minutes or until liquid is absorbed and rice is soft. Garnish with chopped tomato and green pepper.

Hint: If a can of mock duck is not handy substitute with soyabean chunks.

DESSERTS





TRIPLE SUNDAE

Ingredients:

2 cups chopped chocolate
1 cup evaporated milk
chocolate ice-cream
(1 scoop per serving)
vanilla ice-cream
(1 scoop per serving)
mango ice-cream
(1 scoop per serving)
cherries (optional)
chopped nuts (optional)

Preparation Method:

Melt chocolate with milk in a saucepan. Stir over medium heat until chocolate mixture is smooth. Remove from heat and cool. Pour 1 tablespoon of chocolate sauce in ice-cream dish and put three scoops of different ice-creams. Top with nuts and cherry.

ROYAL DESSERT

Ingredients:

1/2 cup sago
2 cups bean vermicelli
a pinch of saffron
4 cups water
1 cup sugar
condensed milk
vanilla ice-cream
crushed ice
rose syrup
kulfi
cherries

Preparation Method:

Boil water, sugar, saffron, vermicelli and sago for 15 minutes on low heat. Stir constantly. Remove from heat and allow it to cool. To serve add 2 tablespoons of vermicelli mixture in glasses or ice-cream bowls, then add few slices of kulfi. Top with crushed ice. Finally, top with a scoop of vanilla ice-cream and a spoonful of sweetened condensed milk. Drip a thin stream of rose syrup. Decorate with a cherry.



INSTANT ICE-CREAM

Ingredients:

*2 cups frozen fruit or fresh fruit
(mangoes, peaches,
strawberries, etc.)
1 cup milk or cream
1/2 can (200 gms) sweetened
condensed milk*

Preparation Method:

Put fruit and milk in a blender. Blend on until smooth. Serve as soft ice cream or pour into plastic cups and freeze until firm.

ORANGE ICE-CREAM

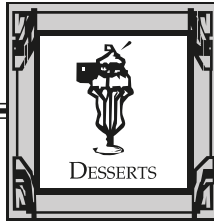
Ingredients:

*4 cups fresh cream
4 cups orange juice
1 cup sugar, powdered
2-3 drops orange colour
2-3 drops orange essence*

Preparation Method:

Dissolve sugar in juice, then beat in cream. Finally add orange essence and colour and beat thoroughly. Transfer mixture to a baking pan. Cover with plastic wrap or foil and freeze until set.

Variation: For *Strawberry Ice Cream*, substitute 2 cups of orange juice with a cup of pureed strawberries. Do not add the orange colour. Use strawberry essence.



BEETROOT HALWA

Ingredients:

*115 gms beetroot
60 gms sugar
2 cups milk
30 gms ghee or clarified butter
2 cardamoms, seeded and crushed
15 gms pistachios,
blanched and chopped*

Preparation Method:

Peel and grate beetroot. Heat fat in a saucepan, add grated beetroot and a little water and let it cook. Then add sugar and continue cooking over low heat stirring constantly. When the mixture is dry, add milk and cardamoms. Cook until all the milk is absorbed and the mixture is thick. Remove from heat and turn out onto a buttered dish and garnish with pistachios. Serve hot or cold.

Variation: For *Carrot Halwa*, substitute grated carrot for beetroot.

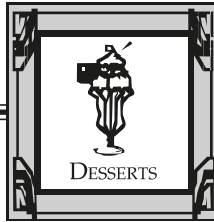
INDIAN VERMICELLI PUDDING

Ingredients:

*2 cups wheat vermicelli
2 lts milk
2 cardamoms, crushed
200 gms sugar
4 tbsps vegetable fat
pistachios or almonds
for garnishing*

Preparation Method:

Heat fat in a large pan. Stir-fry vermicelli until golden brown and set aside. Boil milk in a heavy pan and add vermicelli. Simmer on low heat for 10 minutes, stirring regularly. When the milk and vermicelli thicken, add sugar and cook for few more minutes until the mixture thickens to a creamy consistency. Remove from heat, add crushed cardamoms and let the pudding cool. Place in refrigerator until cold and garnish with pistachios or almonds. This pudding can also be served hot.



KULFI

Ingredients:

2 lts fresh milk, boiled and cooled
1 can (397 gms) condensed milk
2 tbsps custard powder
a pinch of saffron
1/4 cup milk powder
rose essence
1/2 tsp cardamom powder

Preparation Method:

Combine fresh milk and condensed milk in a saucepan and boil on low heat, stirring all the time. Remove from heat and add custard powder, milk powder, saffron and cardamom powder. Return to heat. Cook until the mixture is thick. Remove from heat. Cool and pour in kulfi moulds. Freeze overnight. Garnish with pistachios or almonds.

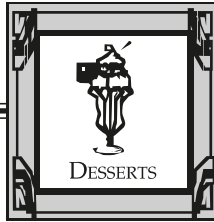
SAFFRON PISTA ICE-CREAM

Ingredients:

4 lts milk
1 and 1/2 cup sugar
3/4 cup milk powder
1 tbsp custard powder
1 tbsp agar agar powder
2-3 drops green food colouring
2-3 drops pista essence
few saffron threads dissolved in
1/4 cup milk
25 gms pistachios, finely chopped

Preparation Method:

Boil milk until it is reduced to half the volume. Add sugar and boil to dissolve. Add custard powder, boil for a minute, stirring constantly. Add agar agar powder, stir and remove from heat. Divide mixture equally in two baking pans. To one pan add saffron mixture and add green colour and pistachios to other pan. Beat the mixtures well. Cover pans with foil or plastic wrap and freeze until partially frozen. Spoon mixture into chilled bowls and beat again to smooth. Transfer saffron mixture to a baking pan and pour pista ice-cream over it. Return to freezer to set.



MANGO ICE-CREAM

Ingredients:

*1 lt milk
1/8 cup milk powder
1/3 cup sugar
1/2 tsp agar agar powder
1/2 tsp custard powder
3/4 cup mango pulp*

Preparation Method:

Boil milk until it is reduced to half its volume. Add sugar and boil to dissolve. Add custard powder and boil for a minute, stirring constantly. Add agar agar powder, stir and remove from heat. Cool and add milk powder and mango pulp. Beat the mixture well in a baking pan and allow it to freeze partially, covered with plastic wrap or foil. After an hour, transfer mixture to a chilled bowl and beat the frozen mixture until smooth. Return mixture to baking pan and cover it with plastic wrap or foil. Let it set in a freezer.

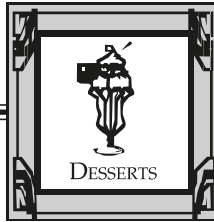
CHOCO-NUT PUDDING

Ingredients:

*5 cups milk
1 cup sugar
3 tsps heaped agar agar powder
6 tsps cocoa powder
200 gms fresh cream
chopped almonds*

Preparation Method:

Boil milk until it reduces to half its volume, dissolve sugar and then add agar agar and cook for a minute. Remove from heat. Dissolve cocoa powder in a little hot milk until smooth. Then add to hot milk and cook for a minute or two until well mixed. Remove from heat. Allow to cool. Whip chilled fresh cream and add to the milk mixture while it is still lukewarm. Beat to mix. Pour into a desert dish. Garnish with chopped almonds. Chill and serve.



GULAB JAMUNS

Ingredients:

150 gms full cream milk powder
60 gms plain flour
pinch of soda bicarbonate in
30 ml water
2 tbsps clarified butter or ghee
pinch of cardamom powder
ground nuts for garnishing
10 gms corn starch

Syrup

2 cups sugar
3 cups water
few drops of rose water

Preparation Method:

Sift together flour, corn starch and milk powder. Knead well to a stiff dough with butter and soda bicarbonate mixture. Set aside.

Make a thin syrup by boiling water and sugar. Add rose water and set aside. Take dough, shape into small balls and fry on low heat until uniformly brown. Remove on paper towels and plunge into hot syrup. Serve hot or cold, garnished with ground nuts and crushed cardamoms.

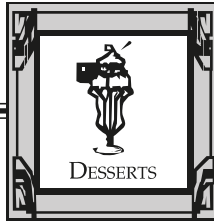
JILEBIS

Ingredients:

500 gms plain flour
1/2 tsp dry yeast in
1 tsp warm water
1 kg sugar
1/2 kg ghee or clarified butter
1 lt water
3 crushed cardamoms

Preparation Method:

Sieve flour in a bowl. Then add yeast mixture and water to make a thin batter. In a saucepan heat sugar and water to make a syrup. Add cardamoms to the syrup and set aside. Put batter into a forcing bag, fitted with 1/2 inch plain nozzle. Pipe out batter, in hot ghee, in a shape of figure 8 and coil. Fry to golden brown on both sides. Drain and immediately plunge into syrup. Let it soak for 5-10 minutes before serving.



MANGO SOUFFLÉ

Ingredients:

1 lt milk
1 tin (800 gms) mango slices
4 tbsps cornflour
6 tbsps sugar
4 tbsps butter
pistachios or almonds
for garnishing

Preparation Method:

Drain mango slices and reserve syrup. Mix mango slices with butter and blend in a blender for few seconds. Do not puree. Set aside in a large bowl.

Boil milk for 2-3 minutes, then add sugar and bring to boil again for 2 minutes. Remove from heat and add corn flour and syrup. Return to heat and cook for a minute, stirring continuously as milk acquires a creamy consistency. Remove from heat and cool.

Pour milk mixture over mango mixture in a bowl. Mix well and chill. Before serving garnish with chopped pistachios or almonds.

PEACH ICE CREAM

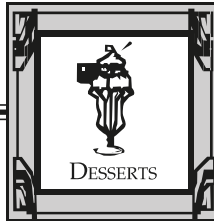
Ingredients:

1 can (397 gms) sweetened
condensed milk
1 can (410 gms) evaporated milk
2 cans (170 gms each) nestle
cream
1 tin (800 gms) peach slices,
drained well
almonds, blanched, chopped and
roasted

Preparation Method:

Mix milk and cream together. Blend peach slices in a blender for few seconds. Do not puree. Combine all ingredients and freeze.

Variation: For *Kulfi*, omit peaches.



JELLY

Ingredients:

*5 gms china grass or
2 tsps agar agar powder
200 ml water
60 gms sugar
2 tbsps lime juice
few drops of food colouring*

Preparation Method:

Wash and soak china grass in water, in which it is to be cooked, for at least 2 hours. Heat on low flame to dissolve. Add sugar, and lime juice.

Alternatively boil water with sugar and lime juice. Dissolve agar agar powder in small quantity of water and add to the boiling mixture. Remove from heat, strain.

Add food colouring of your choice, if needed. Pour into jelly moulds and set. Refrigerate for 1/2 an hour before serving. Serve topped with custard sauce and decorated with fruit cocktail.

Variation: Custard sauce can be set in jelly moulds prior to pouring jelly. While serving colourful layers of custard, jelly and fruit cocktails make an irresistible desert.

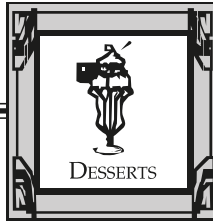
MANGO-ORANGE SORBET

Ingredients:

*5 cups chopped mangoes
2 cups orange juice
2 tbsps fresh lime juice
sugar to taste*

Preparation Method:

Place mangoes in a blender and blend until smooth. Add remaining ingredients. Blend well and freeze.



THAI DESSERT

Ingredients:

*1 kg waterchestnuts,
peeled and cubed
150 gms tapioca flour or cornflour
2 coconuts, grated without skin
red food colouring
green food colouring
rose essence
6 cups water
1 cup cooked bean vermicelli
sugar syrup (water & sugar
in proportion of 1:2)*

Preparation Method:

Wash and strain water chestnuts. Divide into three portions. Add few drops of red food colouring to one portion and green to another. Mix well.

Coat coloured water chestnuts with tapioca flour and plunge in hot water. When transparent, transfer to a strainer.

Extract milk from coconut by using 6 cups of water. Add few drops of yellow food colouring to cooked vermicelli. Chill coconut milk, sugar syrup, vermicelli and water chestnuts.

Mix sugar syrup, coconut milk. Fill 1/4 glass (or ice cream bowl) with water chestnuts and vermicelli. Fill the glass with coconut milk mixture.

CHEESE ICE-CREAM

Ingredients:

*1 lt milk
50 gms home-made cottage cheese
1/4 cup sugar, powdered
4-5 cardamoms, powdered*

Preparation Method:

Boil milk until it reduces to half its volume. Add sugar, cardamom powder and bring to boil again, stirring constantly. Add cottage cheese. Stir well. When mixture thickens a little, remove from heat. Transfer to a baking tin and cool. Place tin in freezer, covered with foil or plastic wrap, to set.



PEACH PARFAIT

Ingredients:

*1 tin (800 gms) peach halves,
drained*
100 gms cheddar cheese, grated
100 gms cream cheese
100 gms cream
70 gms butter
salt and pepper to taste
paprika

Preparation Method:

Blend together cream, cheese and butter, and season with salt and pepper. Spoon mixture in peach halves. Sprinkle paprika. Serve chilled.

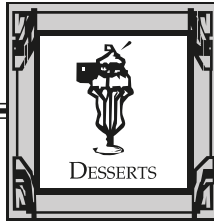
CHOCOLATE MOUSSE

Ingredients:

2 cup thick cream
4 cups vanilla ice cream
160 gms cooking chocolate
2 tsps butter

Preparation Method:

Chop chocolate, add butter and stir over simmering water until melted and blended well. Remove from heat, add cream and beat until smooth. Let cool and add ice-cream. Beat again until smooth. Chill in a bowl. For easier serving transfer to refrigerator from freezer 15-20 minutes before serving.



ICE CREAM CAKE

Ingredients:

*500 gms Marie biscuits
ice cream (any flavour)
fresh cream*

Preparation Method:

Put biscuits in a bag and crush with a rolling pin. Grease bottom and sides of cake pan. Mix biscuit crumbs and well beaten ice cream. Spoon into pan. Top with fresh cream. Freeze for 3 hours. Transfer to refrigerator from freezer 20 minutes before serving. To serve, cut and place slices on a platter. Drip a thin stream of chocolate syrup or strawberry sauce over cake slices. Decorate with cherries.

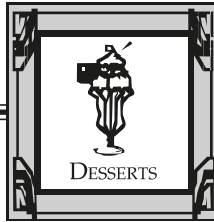
APPLE SORBET

Ingredients:

*2 cups apple sauce
1 cup apple juice
2 tbsps lemon juice
2 tbsps sugar*

Preparation Method:

Mix juices. Add sugar and stir to dissolve. Blend in apple sauce and freeze.



CHEESE BALLS IN SYRUP (RAS GOLAS)

Ingredients:

*2 lts fresh milk
6 cups water
2 tsp flour, sifted
1 cup orange juice
rose essence*

Syrup

*3 cups sugar
8 cups water*

Preparation Method:

Boil milk. Add orange juice to boiling milk and cook on low heat for 5 minutes, stirring continuously. Remove from heat and allow to stand for few minutes. Strain through muslin cloth and press to drain out liquid.

Mince home-made cheese in a mincer. Add flour and mix well. Shape in small balls. Make a thin syrup by boiling water and sugar. Add cheese balls to syrup and boil for 5 minutes. Add rose essence just before serving. Serve very cold.

SAFFRON FROMAGE

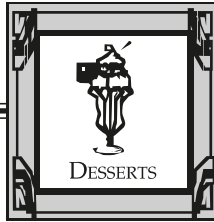
Ingredients:

*250 gms natural yogurt
250 gms soft cream cheese
110 gms icing sugar
1 tsp cardamom
few strands of saffron
10 tbsps hot milk*

Preparation Method:

Mix saffron in milk until milk is yellow in colour and saffron is partially dissolved. Heat gently, if required. Blend all the ingredients thoroughly and chill.

Variation: For *Mango Fromage* add 50 gms mango pulp and 50 gms butter while blending.



ROSE-RASPBERRY DELIGHT

Ingredients:

*250 gms raspberries
100 ml fresh cream
50 gms icing sugar
rose syrup
vanilla ice cream
cherries*

Preparation Method:

Beat together raspberries, cream and sugar. Place a spoonful of raspberry mixture in each ice-cream cup. Drip a thin stream of rose syrup. Top with vanilla ice-cream and decorate with a cherry.

Hint: Ice creams can be served over fruits such as peach halves, banana halves and other fruits topped with rose syrup and garnished with pistachios and almonds. Finally decorated with a cherry.

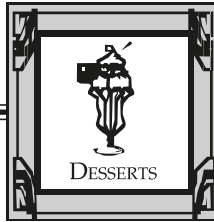
SUGARY SWEET POTATOES

Ingredients:

*1 kg sweet potatoes
2 cup sugar syrup*

Preparation Method:

Prepare sugar syrup by boiling 1 cup of sugar with 2 cups of water. Boil until it forms a thick syrup. Remove from heat and set aside. Boil sweet potatoes until tender. Carefully peel off skins while warm. Slice sweet potatoes. Pour sugar syrup and heat through, stirring once or twice. To serve, arrange sweet potato slices on a serving platter and garnish with cherries or chopped nuts.



VANILLA PUDDING MIX

Ingredients:

*4 cups milk powder
2 cups sugar, powdered
1-1/2 cups cornstarch
1 tsp salt
butter
vanilla*

Preparation Method:

Combine cornstarch, milk and sugar. Sift thoroughly. Store in sealed jars.

To Use: Stir 1-1/2 cups mix with 1 cup hot milk and 1 cup hot water. As soon as it acquires creamy consistency, stir in 4 tablespoons butter and 1 teaspoon vanilla. Refrigerate. Serve chilled.

Chocolate Pudding: Prepare as for vanilla pudding but add to a cup of water, 2 ounces melted unsweetened solid baking chocolate and 2 tablespoons butter. Add remaining ingredients and mix well. Refrigerate.

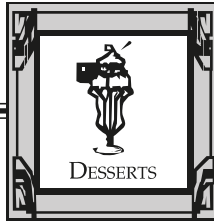
VANILLA CUSTARD ICE-CREAM

Ingredients:

*1 instant vanilla pudding mix
2 cans (397 gms each) sweetened
condensed milk
2 cans (410 gms each)
evaporated milk
2 tsp vanilla essence
500 ml fresh milk*

Preparation Method :

Boil fresh milk until reduced to half its volume. Pour in evaporated milk, then add vanilla pudding mix. Boil for a minute and remove from heat. Stir until smooth. Add sweetened condensed milk, vanilla essence and blend well. Cool. Freeze until firm.



FRUIT SALAD

Ingredients:

*1 can (170 gms) nestle cream
1 can (397 gms) sweetened
condensed milk
2 tins (850 gms each) fruit
cocktail, drained or
your choice of fresh fruits,
diced*

Preparation Method:

Whip cream and milk. Add fruits and mix gently. Serve chilled.

Variations: Dice as many varieties of fruit of your choice. Arrange on a serving platter in alternating colours. Sprinkle chat masala.

Serve fruits in melon or pineapple boats. Alternatively, carve fruits into little baskets. Fill baskets with diced fruits. Decorate baskets on serving dish.

MELON SAGO

Ingredients:

*100 gms cantaloupe melon
100 gms honeydew melon
100 gms seedless water melon
100 gms sago
150 gms sugar
400 ml water
150 ml coconut milk
250 ml fresh milk*

Preparation Method:

Scoop out melon balls from melons. Chill. Soak sago in water to cover for 1/2 hour. Drain. Boil milk, simmer and cook sago in milk. Make syrup by boiling sugar and water. Cool and mix with coconut milk. Add sago milk mixture to syrup and chill. To serve, place melon balls in bowls and pour syrup.



TRIFLE

Ingredients:

2 small eggless sponge cakes
35 ml fruit juice, your choice
4 cups of mixed fruit, peeled,
sliced or cut in cubes
(banana, apple, pineapple,
orange, etc.)
20 ml cream
1 tsp sugar
35 gms jam, your choice
cherries for garnishing
35 ml custard sauce
(see recipe below)

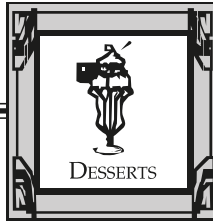
Preparation Method:

Split cakes horizontally into halves. Spread each layer with jam and arrange on a dish. Pour fruit juice. Arrange layers of fruit over the cakes. Pour custard sauce and refrigerate. Whip cream and sugar. Decorate trifle with cream and cherries.

Variations: Stewed dried apricots can be added to the fruit along with chopped nuts. A layer of fruit jelly (vegetarian) may be placed under the cream.

Custard Sauce:

In a pan dissolve 1 tablespoon of custard powder in a little cold milk and set aside. Boil 150 ml of milk and pour gradually over custard powder mixture. Return to heat. Stir until the mixture boils. Remove from heat and use immediately.



TRIPLE TEMPTATION

Ingredients:

*3 lts milk
1 and 1/4 cup sugar
3 tsps agar agar powder
1/2 tsp vanilla custard powder
1/2 tsp pineapple custard powder
2 tsps cocoa powder
3/4 cup milk powder
2-3 drops, pineapple essence
2-3 drops yellow colour
2-3 drops vanilla essence
chopped nuts for garnishing
(almonds, pistachios and walnuts)*

Preparation Method:

Boil milk until it is reduced to half its volume. Add sugar to dissolve. Remove from heat and divide milk mixture equally in three pans.

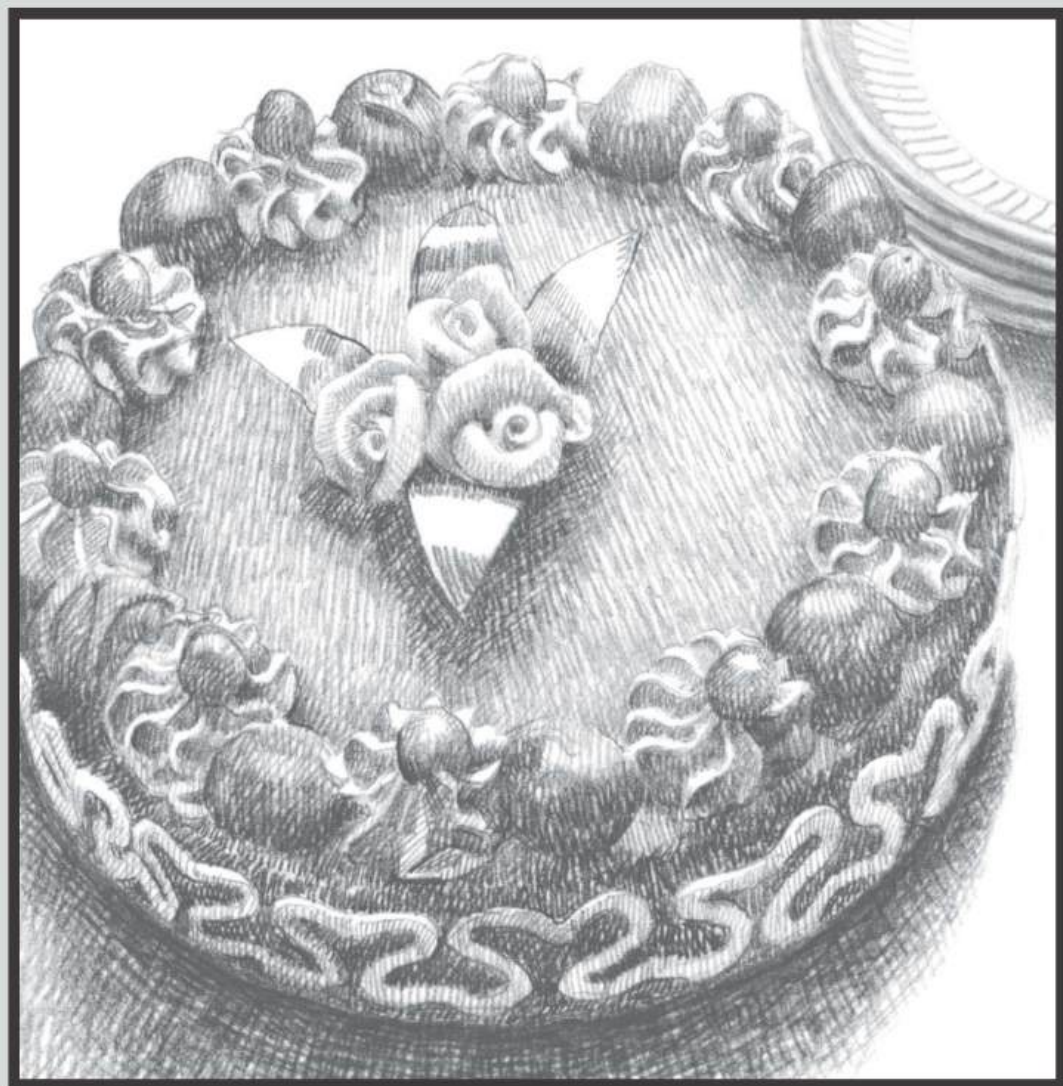
In first pan add vanilla custard powder and boil for a minute, then add a teaspoon of agar agar powder, stir and remove from heat. Add vanilla essence, mix and set aside. In the second pan add pineapple custard powder, boil for a minute, then add a teaspoon of agar agar powder, stir and remove from heat. Add pineapple essence, stir and set aside. In the third pan add a teaspoon of agar agar powder, mix well and set aside.

When the 3 mixtures cool add vanilla essence and 1/4 cup milk powder to first pan. Beat well and set aside. To the second pan add pineapple essence, yellow food colouring and 1/4 cup milk powder. Beat well and set aside. To the third pan add cocoa powder and 1/4 cup milk powder. Beat well and set aside.

Cover the pans with plastic wrap and freeze until partially frozen. Transfer mixture to chilled bowls and beat to smooth. Take a fresh baking pan, pour pineapple mixture first, layer it with chocolate mixture and finally top with vanilla mixture. Cover pan with plastic wrap and return to freezer until frozen-firm.

Serve ice cream slices in a plate, garnished with chopped nuts.

COOKIES AND CAKES





AUSTRIAN SHORTCAKES

Ingredients:

*350 gms flour
100 gms cornflour
475 gms butter or margarine
175 gms icing sugar
rose essence*

Preparation Method:

Sift flour and cornflour together. Beat margarine and sugar to cream. Add essence and flour mixture, little by little and beat well. Turn into buttered cupcake tins. Bake in a moderate oven at 180 degrees C for 15-20 minutes or until golden on top. Cool and turn out cakes from tins into individual paper casings.

COCONUT BISCUITS

Ingredients:

*2 cups flour
2 cups ghee
2 cups powdered sugar
1/2 tsp baking powder
1/2 tsp rose essence
1/2 cup desiccated coconut*

Preparation Method:

Sift flour and baking powder in a bowl. Add powdered sugar and work in ghee. Beat well. Add coconut powder and rose essence. Beat again and spoon batter in cup cake tins and bake at 180 degrees C for 15 minutes or until light brown. Cool and transfer to individual paper casings.



NANKHATAIS (INDIAN COOKIES)

Ingredients:

*150 gms flour
100 gms ghee or clarified butter
115 gms fine sugar
1/8 tsp baking powder
1/4 cup milk
5 cardamoms, powdered
rose essence
blanched, chopped almonds
or pistachios*

Preparation Method:

Sift flour and baking powder. Add sugar, mix well. Work in ghee, cardamom powder and essence. Add milk and knead to a soft dough. Shape dough into small balls, press gently. Garnish with chopped almonds or pistachios and bake in preheated moderate oven (180 degrees C) for 20 minutes or until golden brown.

Variation: For *Mexican Cookies*, add half the quantity of sugar. Roll Nankhatai dough into 1 inch balls. Place on greased baking sheet and flatten slightly. After baking, roll in icing sugar whilst still warm. Let cool, roll again in icing sugar.



INDIAN BISCUITS

Ingredients:

4 cups flour
2 tsp baking soda
2 tsp baking powder
3/4 cup vegetable shortening
2 cups buttermilk
1/2 tsp salt

Preparation Method:

Sift flour, baking soda and baking powder in a large bowl. Add shortening, little at a time and mix well. Work in buttermilk and salt to make a soft dough. Turn dough on a floured surface. Knead gently. Roll dough to 1/2 inch thickness. Cut with 2 inch flour or biscuit cutter. Place biscuits 2 inches apart on a greased cookie sheet which has been dusted with flour. Bake in preheated oven at 200 degrees C for 15 minutes or until golden brown. Biscuits can be sandwiched with sweetened whipped cream (see recipe below).

SWEETENED WHIPPED CREAM

Ingredients:

1 cup chilled cream
2 tbsps icing sugar
1 tsp vanilla essence

Preparation Method:

Whip cream in a bowl. Beat in icing sugar and vanilla extract to a smooth cream. This cream can be sandwiched with biscuits.



FUDGE FINGERS

Ingredients:

*16 biscuits (preferably Marie)
2 tbsps cocoa powder
1/2 cup chopped walnuts
1 can (397 gms) sweetened
condensed milk
few drops of vanilla essence
pinch of salt*

Preparation Method:

Put biscuits in a plastic bag and crush them with rolling pin. Mix biscuit crumbs, chopped walnuts, salt, vanilla essence and cocoa in a bowl. Add condensed milk and mix well with a wooden spoon. Fill a piping bag with this mixture. Pipe small fingers of this mixture on a greased baking tray. Bake in a preheated moderate oven (180 degrees C) for 20-25 minutes. Cool and store in airtight jar.

Variation: For *Cookie Rings*, pipe batter in the form of small rings.



PISTACHIOS BISCUITS

Ingredients:

*230 gms flour
110 gms ghee or clarified butter
110 gms sugar
2 tbsps milk
1/4 tsp baking soda
1/4 tsp baking powder
1 cardamom, powdered
1 nutmeg, crushed
pistachios, chopped*

Preparation Method:

Sift flour, baking powder and baking soda. Set aside. Beat together sugar and butter. Mix in powdered cardamom, nutmeg and flour. Knead well into a soft dough with milk. Roll dough on a floured surface to 1/2 inch thickness. Sprinkle with pistachios. Cut with 2 inch floured cutter. Bake in preheated oven at 150 degrees C until pale brown in colour.

Variations:

COCOA BISCUITS

Substitute 3 tablespoons of cocoa powder for cardamom powder. Substitute 2 tablespoons of golden syrup and few drops of vanilla extract for nutmeg. Substitute pistachios with almonds. After cutting with floured cutter, press one almond on each piece before baking.

Cocoa biscuits can be sandwiched with chocolate cream, which is prepared by mixing equal amounts of icing sugar and icing chocolate.



MARBLE CAKE

Ingredients:

*250 gms self raising flour
125 gms margarine
1 can (397 gms) sweetened
condensed milk
1 tsp baking powder
1/2 tsp soda bicarbonate
1/8 cup cola
5 drops ice-cream essence
juice of 1/2 a lemon
3-4 drops yellow food colouring
2 tsp chocolate powder*

Preparation Method:

Sift flour, baking powder and soda bicarbonate. Cream butter and condensed milk, then add cola and mix well. Mix all ingredients, except chocolate powder, and beat the mixture thoroughly. Divide mixture in three portions. Add chocolate powder to one portion. Dot the centre of greased and floured cake tin with a portion of pale yellow cake mixture. Surround this mixture with remaining 2 portions in the following manner:- take a tablespoon, alternately at a time, of each mixture and form slanting stripes around the centre. Alternatively, form stripes first and dot the centre with the mixture later to suit your convenience. Bake in a preheated oven at 180 degrees C for 45 minutes or until done.

COLA CAKE

Ingredients:

*1 can (397 gms) sweetened
condensed milk
250 ml cola
250 gms flour
125 gms butter
4 tbsps cocoa powder
1 tsp baking powder
1 tsp soda bicarbonate*

Preparation Method:

Sift flour, baking powder and baking soda together and keep aside. Cream butter and condensed milk. Add flour mixture to milk mixture and beat well. Add cola and cocoa powder and mix well. Transfer cake mixture to a baking tin and bake at 180 degrees C for 30 minutes. To test, pierce toothpick in the cake. It should come out clear.



CHEESECAKE

Ingredients:

*1 small eggless sponge cake
1 pack (8 oz.) cream cheese
1 can (397 gms) sweetened
condensed milk
1/4 cup lemon juice
1 tsp vanilla extract*

Preparation Method:

Mix cream cheese and milk in a mixer. Stir in lemon juice and vanilla. If desired, add fresh fruit pieces or roasted chopped nuts to the blended mixture. Spoon mixture onto layer of cake slices in a baking tin. Chill 2 hours or until set.

COCONUT CUP CAKE

Ingredients:

*400 gms flour
4 tbsps sugar, powdered
1 can (397 gms) sweetened
condensed milk
200 gms butter
1 tsp baking powder
10 tbsps desiccated coconut
1 tsp vanilla essence
1/2 cup water
coconut powder for dusting
strawberry jam for coating
cherries for decoration*

Preparation Method:

Sift flour and baking powder in a bowl and set aside. Cream together butter and sugar, then add essence. Mix water with condensed milk and add to sugar mixture and beat well. Add flour and finally desiccated coconut and mix well. Turn mixture into dusted buttered cup cake tins and bake at 180 degrees until golden brown. When cooled coat with jam and roll in coconut powder. Decorate with cherry and transfer to paper casings.



PINEAPPLE CAKE

Ingredients:

*Eggless sponge cake
1 tin (800 gms) of pineapple slices
200 gms fresh cream
4 tbsps granulated sugar
cherries for decoration*

Preparation Method:

Divide the cake horizontally into two halves. Chop the pineapple slices very finely and keep aside. Retain the syrup. Pour a little syrup over the cake and allow it to soak. Repeat this after 10 minutes. Be sure that the cake is moist. Beat the cream with granulated sugar. Spoon a little cream-sugar mixture over one half of cake and spread evenly. Sprinkle pineapple pieces, leaving few pieces for decoration over cream-sugar mixture. Place another half of cake on top. Cover the cake completely with remaining cream-sugar mixture. Decorate with pineapple pieces and cherries. Chill the cake.

Variation:

LEMON SANDWICH CAKE:

Instead of adding pineapple cream mixture to the pineapple cake, use lemon butter icing. This is prepared by adding 2 tablespoons of finely grated lemon rind to butter icing with few drops of lemon juice, lemon colour and lemon essence. Sandwich the two halves of cake with lemon butter icing. Cover the cake with remaining icing. Decorate and chill.



BUTTER ICING

Ingredients:

*115 gms butter or margarine
175 gms icing sugar
1 tbsp of lemon juice
vanilla essence
food colouring of your choice*

Preparation Method:

Cream together butter and sugar. Mix lemon juice, vanilla essence and food colouring.

CHOCOLATE BUTTER ICING

Ingredients:

*115 gms butter or margarine
175 gms icing sugar
1 tsp cocoa
5 drops vanilla essence*

Preparation Method:

Cream butter. Work in icing sugar with cocoa and essence to a creamy consistency.

Variation: Mix 1 big slab of cooking chocolate (melted) with 1 tablespoon of butter (melted). Cool a little and chocolate icing is ready.

GLAZED ICING

Ingredients:

*225 gms icing sugar, sieved
1 tsp of lemon juice
1 tbsp (or as required) of
hot water
2-3 drops of vanilla essence
food colouring of your choice*

Preparation Method:

Transfer sugar in a saucepan. Add lemon juice. Heat gently for a minute. Stir in water gradually and continue heating gently for a minute more. Mix vanilla essence and food colouring. Icing is ready for cake-decoration.



CHOCO-CHERRY FLUFF CAKE

Ingredients:

*1 eggless sponge cake
one tin cherries
500 gms fresh cream
5 tsps cocoa
8 tsps granulated sugar
grated chocolate*

Preparation Method:

Divide the cake horizontally in unequal parts. Scoop out the centre part from bigger portion. Sprinkle little syrup from the tin. Beat cream, sugar and cocoa. Fill centre part of cake with half of this cream. Layer the cake portion with cherries. Place smaller portion on top of cherry layer. Cover cake with remaining cream. Decorate with cherries and grated chocolate. Chill the cake thoroughly.

EGGLESS SPONGE CAKE

Ingredients:

*300 gms flour
1 tsp baking powder
1/2 tsp bicarbonate of soda
150 gms margarine
1 can (397 gms) sweetened
condensed milk
1/4 cup of milk
3 tsps of sugar
few drops of vanilla essence
raisins (optional)*

Preparation Method:

Sift together flour, baking powder and soda bicarbonate. Cream the flour and margarine, then add condensed milk and sugar. Beat the mixture to a smooth batter, then mix in vanilla essence and raisins. Transfer to a buttered tray and bake in a moderate oven (180 degrees C) until golden brown (about 35 minutes). To test, prick a tooth pick in the cake. It should come out clear.



PINEAPPLE PIE

Ingredients:

*2 tins (800 gms each) of
pineapple bits
1 cup crushed cornflakes
1 cup grated coconut
1 cup finely chopped walnuts
4 tbsps self raising flour
115 gms margarine
3 tbsps brown sugar
ice cream and cherries (optional)*

Preparation Method:

Sieve the flour and cut in margarine. Rub with fingers to form coarse mixture like bread crumbs. Mix in all ingredients except pineapple and set aside. Transfer the drained pineapple bits to a buttered baking dish. Spread crumbled mixture on top of the pineapple. Bake in a preheated moderate oven (180 degrees C) until the top is golden brown in colour. Serve with whipped ice cream and decorate with cherries.

APPLE PIE

Ingredients:

Crust:

*1 cup cheddar cheese grated
2 cups all-purpose flour
salt to taste
5 tbsps water
125 gms butter*

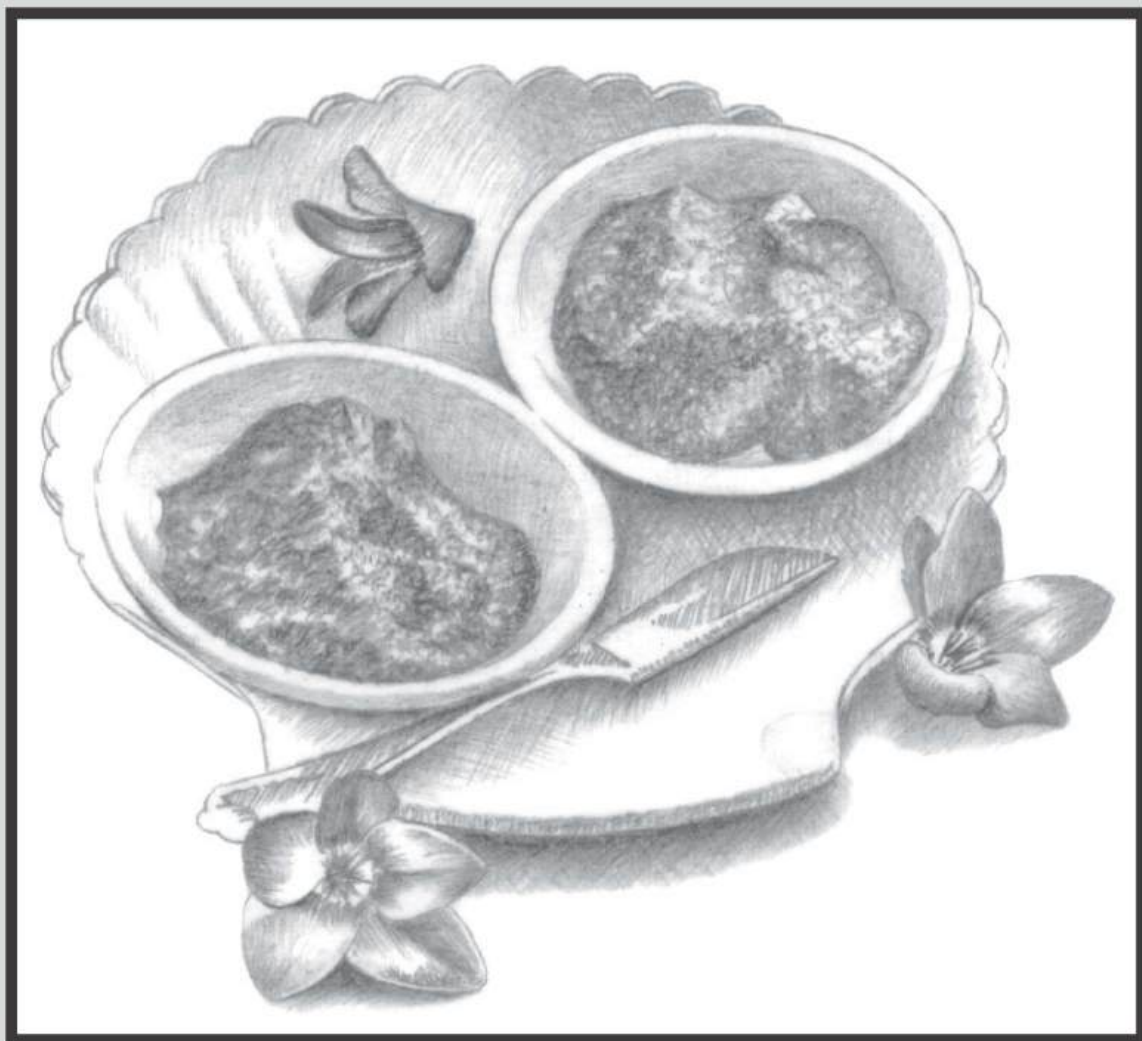
Filling:

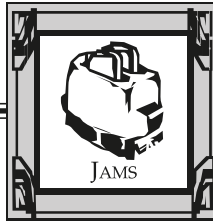
*8 apples, peeled, cored & sliced
1/2 cup sugar
1/2 cup brown sugar
2 cardamoms, crushed
1/2 cup lemon juice
1/4 cup cornstarch dissolved in
1/2 cup water*

Preparation Method:

Mix all ingredients for filling and let stand while making crust. Work with fingers to mix flour, salt and butter until the mixture has the appearance of breadcrumbs. Add cheese and water, mixing thoroughly. Mix until the dough binds into a ball. Divide dough into two equal portions. Roll out each portion on floured board into a circle of 9" diameter. Line deep pie dish with one circle. Pour in filling. Top with another circle. Bake at 200 degrees C for 30 minutes.

JAMS





ORANGE MARMALADE

Ingredients:

*5 lemons
6 oranges
3 cups sugar
5 cups water*

Preparation Method:

Squeeze juice from lemons and oranges. Grate rind of 3 lemons. Grind peels and pulp of oranges in food processor. Combine fruit juice, grated & ground mixture and water. Bring fruit mixture to a boil in a large pan and simmer until the mixture is tender and reduced to half the original volume. Add sugar. Bring to boil. Reduce heat and continue cooking on a tiny flame. Once it foams, remove from heat. Skim off foam. Cool. Seal in airtight glass jars.

STRAWBERRY JAM

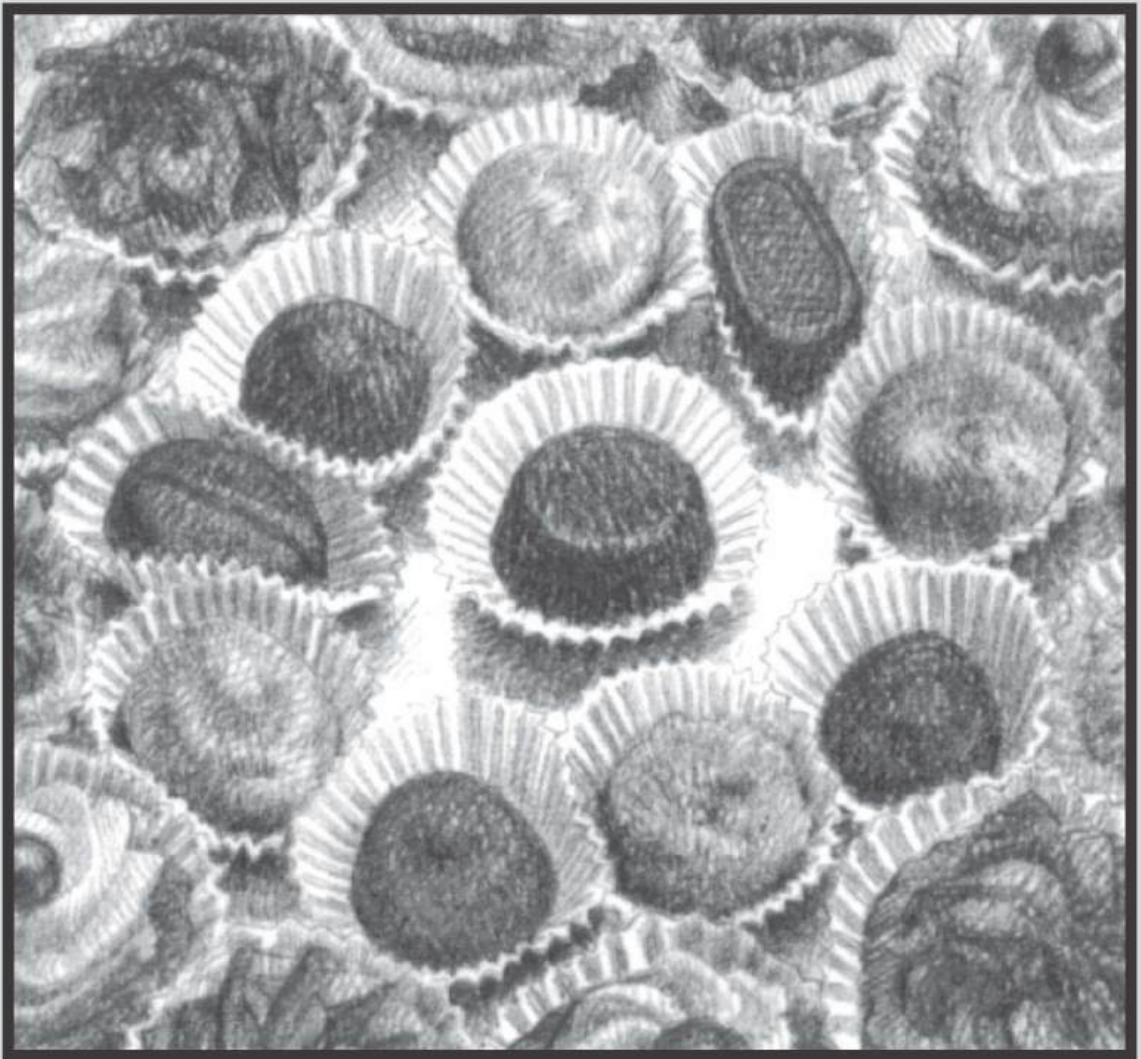
Ingredients:

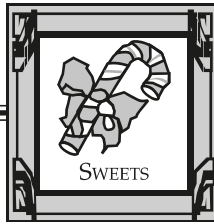
*3 cups strawberries, hulled
2-1/2 cups sugar*

Preparation Method:

Put the strawberries in a pan. Cook on low heat. Add sugar, 1 cup at a time, stirring constantly. When all the sugar has melted and mixture is thick. Remove from heat, cool and stir occasionally. Pour in glass jars and seal.

PARTY FAVOURITES





DRYFRUIT SWEETS

Ingredients:

2 cups ground almonds
1 cup ground pistachios
2 cups coarsely ground cashewnuts
chopped almonds for garnishing
2 tbsps condensed milk
2 tbsps ghee or clarified butter
500 gms full cream milk powder
1 tsp cardamom powder
rose essence
2 cups sugar
2 cups water
1 cup corn oil
1 cup milk

Preparation Method:

Mix corn oil and milk powder until the mixture resembles bread crumbs. Add 1 cup water to make a smooth dough. Mix well and set aside for 1/2 an hour.

In a heavy bottomed pan, boil 1 cup sugar and 1 cup water on low heat. When it forms a thick syrup, stir in cashewnuts, then add condensed milk. Keep stirring. When the mixture leaves the sides of pan, add ghee. Remove from heat. Add 1/2 tablespoon of cardamom powder, few drops of rose essence and mix well.

Boil milk in a heavy bottomed pan. Add the balance sugar and keep stirring. When sugar dissolves, gradually add in the kneaded dough, followed by almonds. Heat on low flame, stirring constantly, until mixture leaves the sides of the pan. Remove from heat. Add few drops of rose essence and balance cardamom powder and mix well.

Transfer half the almond mixture to a greased dish. Flatten surface with the back of spoon, dipped in oil. Spread half the amount of pistachios. Spoon hot cashewnut mixture on top and flatten surface. Spread the balance pistachios. Finally top with the remaining almond mixture and flatten surface. Garnish with chopped almonds. When cooled, cut sweets in diamond shapes or squares.



BONBONS

Ingredients:

*3/4 can condensed milk (300 gms)
1 cup Marie biscuits, crushed
1/4 cup almonds, blanched,
peeled, chopped and roasted
1 cup desiccated coconut
1 cup drinking chocolate,
chocolate sprinkles, cake icing
or desiccated coconut for
decoration*

Preparation Method:

Combine all ingredients and shape into bonbons. Roll in chocolate sprinkles or desiccated coconut. Transfer into individual paper casings. Decorate with cake icing and cherry and chill overnight.

COCONUT SWEETS

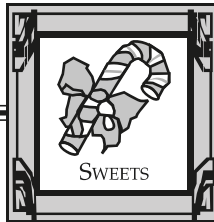
Ingredients:

*500 gms grated coconut
2 tbsps ghee or clarified butter
350 gms sugar
1/2 cup milk powder or mawa*

Preparation Method:

Mix coconut and sugar in a saucepan and heat very gently to form a dough like consistency. Remove from heat and add milk powder. Mix well and transfer the mixture in a buttered tray. Even surface with a back of wooden spoon. Allow to cool and cut into cubes. When serving place cubes on serving dish and sprinkle with desiccated coconut.

Hint: Your choice of food colouring can be added to the mixture while transferring to trays to have coloured sweets.



CHOCOLATE BAR

Ingredients:

*100 gms brown sugar
100 gms butter
140 gms quick oats
1 tsp desiccated coconut
1 tsp raisins
1 tsp pistachios, chopped
1 tsp almonds, chopped
1 tsp dried apricots, finely sliced*

Preparation Method:

Preheat oven to 180 degrees C. Melt butter in a saucepan and add sugar. Cook gently until the mixture blends well. Remove from heat and stir in quick oats. Transfer mixture to a greased baking pan, spreading evenly with the back of wooden spoon. Sprinkle rest of the ingredients. Bake for 15 minutes or until top layer starts turning brown. Cool and cut into bars.

CARAMEL POPCORN

Ingredients:

*1 cup popcorn, popped
2 cups brown sugar
1/2 cup margarine or butter
1/2 tsp cornflour dissolved
in 1/2 cup water
1/2 tsp soda bicarbonate
1/2 tsp salt*

Preparation Method:

In a medium pan, caramelize sugar and immediately add butter, cornstarch and salt. Cook for 2 minutes. Remove pan from heat and add the soda bicarbonate. Pour over popped corn, while still hot. Mix well.

TEA AND COFFEE





INDIAN COFFEE

Ingredients:

250 ml milk
250 ml water
3 tsps instant coffee powder
5 tsps granulated sugar

Preparation Method:

Bring water and milk to boil. In a bowl, beat together coffee and sugar with a small stainless steel spoon to a pale brown mixture. Spoon mixture in glasses and pour boiling diluted milk. Stir well and sprinkle coffee powder.

COLD COFFEE

Ingredients:

2 tbsps instant coffee
2 tsps sugar
4 cups cold milk
4 scoops vanilla ice-cream

Preparation Method:

Blend all ingredients in a blender for 30 seconds. Serve in glasses, sprinkled with little coffee powder.

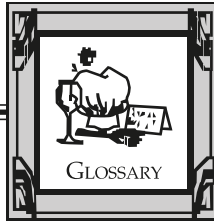
BOMBAY MASALA TEA

Ingredients:

500 ml boiling water
fresh milk, boiled
or evaporated milk(optional)
sugar to taste(optional)
5 tsps of tea leaves
2 whole cloves
2 cardamoms, crushed
1 stick cinnamon
1 tiny piece of ginger

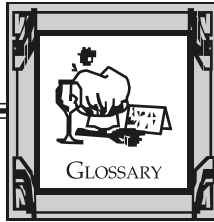
Preparation Method:

Add all the ingredients, except milk and sugar, to the boiling water and boil for 3 minutes. Filter tea into cups or glasses and add milk and sugar to one's liking.

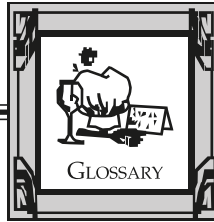


GLOSSARY

- Agar agar:** A seaweed gelatine
- Aubergines:** Eggplant or brinjals
- Bay leaves
(Indian):** Leaves of cassia tree, dried before use
- Beancurd:** Just as home-made cottage cheese is made from milk, bean curd is made from soya beans.
- Cardamom:** There are two varieties: green and brown. The seed pods are a member of the ginger family. They have a 'pine-tree' fragrance.
- Cinnamon:** Dried bark of cinnamon tree.
- Cloves:** An expensive spice. Dried bud of a clove tree.
- Coriander:** Member of parsley family, can be substituted by parsley.
- Cumin:** Member of parsley family too. This seed is often substituted with caraway seeds in reduced quantity.
- Dill:** Another member of parsley family.
- Feta cheese:** Cheese made from goat's milk.
- Fillo pastry or
Puff pastry:** Translucent, fine, flaky dough.
- Horseradish:** Root of a coarse plant with small white flowers and large leaves.
- Kelp:** Japanese seaweed.
- Marjoram:** Leaves of plant with pink and white flower. Used for thyme-like flavor.



- Miso paste:** Japanese paste made from fermented soya beans.
- Nutmeg:** Traditional pudding spice.
- Oregano:** Dried marjoram used as seasoning.
- Pancit:** Rice Vermicelli.
- Paneer:** Cottage Cheese.
- Peppers:** Capsicums.
- Pistas:** Pistachios.
- Saffron:** Most expensive spice, is the dried stigma of crocus flower.
- Scallions:** Green onions or spring onions.
- Shallots:** Onion-like plant but has a small bulb like garlic. Can be substituted with onion.
- Tamarind:** Dark-brown flesh of the seed pod of tamarind tree. Pulp is extracted with water for use in cooking.
- Tapioca:** A cereal. Used also as flour and starch after processing.
- Tahini:** Sesame paste.
- Turmeric:** Belongs to ginger family. A hard yellow root. Spice, commonly used in powdered form, imparts golden colour to curries.
- Thyme:** Leaves with a distinct aroma.
- Water chestnut:** The one with the white flesh. Used in deserts and is a bulb of a water plant.



INDIAN NAMES OF INGREDIENTS

SPICES:

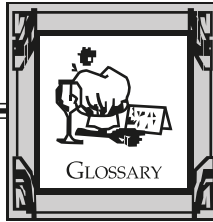
Anardhana	Pomegranate seeds
Amchoor	Mango powder
Curry patta	Curry leaves
Dalchini	Cinnamon stick
Dhania sookha	Coriander seeds
Elaichi	Cardamoms
Haldi	Turmeric
Hing	Asfoetida
Imli	Tamarind
Jeeri	Caraway seeds
Jeera	Cumin seeds
Jafar	Nutmeg
Kamal patta/Tej patta	Indian bay leaves/ Cassia leaves
Khas Khas	Poppy seeds
Laung	Cloves
Methi seeds	Fenugreek seeds
Rai	Mustard seeds
Saunf	Aniseed
Til	Sesame seeds

LENTILS :

Channa dal	Yellow split peas
Kabuli channa	Garbonzos
Masoor dal	Red or orange lentil
Moong dal	Yellow lentil
Rajma	Kidney beans
Urad dal	White lentil

CEREALS :

Atta	Wheat flour
Maida	Flour, plain flour or white flour
Sabudana	Sago
Seviyan	Wheat Vermicelli
Suji	Semolina



VEGETABLES :

Bhendi
Doodhi
Kothmir
Simla mirch
Simla alu
Shalgam

Okra
Pumpkin
Coriander leaves
Capsicum
Tapioca
Turnip

DAIRY PRODUCT:

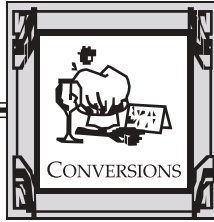
Dahi

Yogurt

CHEESE:

Parmesan Cheese
Mozerella

Hard, dry Italian cheese.
Italian cheese variety with high melting
quality.



CONVERSIONS

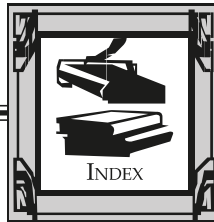
EQUIVALENTS

tsp = teaspoon	1 tsp = 5 gms (grams) /5 ml
tbsp = tablespoon	1 tbsp = 15 gms/15 ml
lt = litre	1 cup = 250 ml
ml = millilitre	30 ml = 1 fl. oz.
cm = centimetre	5 cm = 2 inches

OVEN TEMPERATURES

Temperature conversions are merely a guide and are rounded off. Please check manufacturer's manual.

	C° (Celsius)	F° (Fahrenheit)	Gas Mark
very slow	130	250	1
slow	150	300	2
moderately slow	160	325	3
moderate	180	350	4
moderately hot	190	375	5
hot	200	400	6
very hot	230	450	7



INDEX

A

Apple Pie 137
Apple Sorbet 119
Apple Sauce 63
Arabic Bread 25
Asparagus Cheese Soup 16
Aubergines, Braised 70
Aubergines In Spicy Gravy 83
Aubergines, Pureed 87
Aubergines, Stuffed 70
Austrian Shortcakes 127
Avocado Sauce 60

B

Baingan Bartha 87
Baked Curry Rice 102
Baked Pasta 90
Baked Potato Salad 13
Baked Potato Topping 56
Baked Potatoes 86
Baked Spinach 81
Bamboo Shoots Salad 14
Banana Punch 2
Bean Curd Fritters 41
Bean Curd With Mushrooms 89
Bean Salad 13
Beetroot Halwa 111
Bombay Masala Tea 145
Bombay Potatoes 68
Bonbons 142
Braised Bean Curd And Broccoli 83
Brazilian Rice 98
Bread Muffins 26
Bread Rolls 41
Bun Bread Sandwiches 27
Burmese Rice 98
Buttermilk Drink 2

C

Cabbage Chowder 18
Cabbage In Coconut Milk 66
Cabbage Rolls In Curry 77
Cabbage Stir-Fried 79
Cabbage With Tomatoes 79
Caramel Popcorns 143
Carrot Halwa 111
Carrot Pickle 48
Carrot Salad 12
Carrot Soup 17
Carrots Crumble 88
Cauliflower Pickle 48
Chaat Masala 54
Cheddar Cheese Soup 16
Cheese Balls 38
Cheese Balls In Syrup 120
Cheese Cones Curry 73
Cheese Cutlets 33
Cheese Dip 57
Cheese Puffs 43
Cheese Sauce 60
Cheese Toast With Apple Sauce 27
Cheesecake 133
Chick Pea Flour Fritters 45
Chilli Mock Duck 80
Chilli Sauce 60
Chinese Chop Suey 65
Chinese Rice Served In A Pineapple 105
Choco-Cherry Fluff Cake 136
Choco-Nut Pudding 113
Chocolate Bar 143
Chocolate Mousse 118
Chocolate Pudding 122
Choy Saam 67
Chutney Cauliflower 67
Cocoa Biscuits 131
Coconut Biscuits 127
Coconut Cup Cake 133
Coconut Sweets 142



Cola Cake 132
Cold Coffee 145
Cookie Rings 130
Corn Cheese Canapés 33
Cottage Cheese 75
Cottage Cheese And Spinach 75
Cottage Cheese, Home Made 75
Cream
 Chocolate 131
 Sweetened Whipped 129
Cream Of Corn Soup 19
Cream Of Pumpkin Soup 16
Cream Of Spinach Soup 19
Cream Of Tomato Soup 21
Cream Of Vegetable Soup 22
Creamed Cabbage 66
Crispy Potatoes 68
Croutons 21
Cucumber Boat 12
Custard Sauce 116

D

Dahi Wadas 42
Date Chutney 53
Dill Sauce 63
Double Decker Dollars 29
Dryfruit Sweets 141
Dutch Relish 51

E

Eggless Mayonnaise 59
Eggless Sponge Cake 136

F

Frankee 43
French Dressing 58
Fried Potatoes 82
Fruit Dip 57
Fruit Punch 2
Fruit Salad 123
Fudge Fingers 130

G

Gado Gado 10

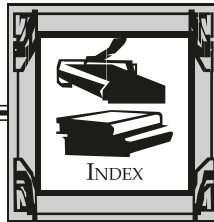
Garam Masala 54
Garbonzos And Potato Curry 88
Garlic Ginger Paste 55
German Rice 106
Greek Salad 9
Green Mango Chutney 52
Green Pea Soup 20
Green Rice 99
Gulab Jamuns 114

H

Hommus 57
Horseradish in Apple Sauce 63
Hot Dogs 28

I

Ice Cream
 Cheese 117
 Instant 110
 Mango 113
 Orange 110
 Peach 115
 Saffron Pista 112
 Strawberry 110
 Vanilla Custard 122
Ice Cream Cake 119
Ice Cream Soda 3
Icing
 Butter 135
 Chocolate Butter 135
 Glazed 135
Idli Sambar 39
Indian Biscuits 129
Indian Breads
 Baturas 95
 Naan 95
 Puris 96
 Rotis 96
 Stuffed Parathas 96
Indian Coffee 145
Indian Cookies 128
Indian Rice 100
Indian Vermicelli Pudding 111
Indonesian Coconut Cooler 3



Indonesian Rice 101
Italian Dressing 58
Italian Rice 100

J

Japanese Rice Cakes 101
Jelly 116
Jilebis 114

K

Kim Chee 50
Kulfi 112

L

Lemon Rice 104
Lemon Sandwich Cake 134
Lentil Balls In Yogurt 42
Lentil Bonda 36
Lentil Soup 20
Lime Sherbet 6
Lo Han Chai 74
Loaf Of Bread 25

M

Macaroni Cheese Bake 78
Macaroni - Saigon Style 85
Mango Chutney 52
Mango Milk Shake 5
Mango Muraba 52
Mango Soufflé 115
Mango Topping 62
Mango Yogurt Drink 5
Mango-Orange Sorbet 116
Maple Syrup 56
Marble Cake 132
Melon Magic 4
Melon Sago 123
Mexican Cookies 128
Mexican Rice 106
Milk Cooler 6
Minestrone Soup 17
Mint Coconut Chutney 53
Mint Syrup 56

Miso Soup 22
Mock Duck Curry 69
Mock Shark's Fin Soup 23
Mushroom Mystery 91
Mushroom Soup 18
Mushroom Vol Au Vents 32

N

Nankhatais 128
Navratan Curry 92
Noodle Nest 65

O

Onion Cakes 34
Onion Rice 99
Orange Marmalade 139

P

Pampanganian Pancit 84
Pancakes 39
Paneer Tikka 80
Papaya Milk Shake 5
Papaya Salad 11
Party Punch 7
Party Sherbet 4
Peach Parfait 118
Peanut Sauce 62
Philippine Rice 103
Pickled Cucumbers 49
Pickled Lemons 49
Pickled Vegetables 50
Pineapple Cake 134
Pineapple Pie 137
Pinwheel Sandwiches 30
Pistachios Biscuits 131
Pita Bread 26
Pizza Crust 35
Potato Bonda 36
Potato Raita 56
Potato Soup 21
Potato Tartlets 37
Potatoes In Spicy Gravy 93
Potatoes In Vermicelli Basket 37



R

Ras Golas 120
Raspberry Sauce 61
Ribbon Sandwiches 29
Rice Dumpling With Soup 39
Rice With Mock Duck 107
Rose-Raspberry Delight 121
Royal Dessert 109
Russian Salad 9

S

Saffron Fromage 120
Saffron Rice 104
Salad Surprise 10
Sambar 40
Satays 32
Semolina Cakes 34
Semolina Vegetable Combo 46
Sherbet Punch 7
Sour Cream Dressing 59
Spaghetti Balls 44
Spaghetti Surprise 82
Spaghetti Vegetable Salad 14
Spanish Rice 105
Spiced Chick Peas 40
Spicy Beancurd 80
Spicy Beans Curry 71
Spicy Cheese Toast 28
Spicy Lentil Crumble 42
Spicy Okras 87
Spicy Peas Potato Curry 86
Spinach & Cauliflower In Cheese 89
Spinach Quiche 81
Spinach Rolls 44
Strawberry Jam 139
String Beans 93
Stuffed Tomatoes And Peppers 76
Sweet Lime Soda 6
Sweet Potatoes, Sugary 121

T

Tandoori Chutney 53
Thai Coconut Curry 69

Thai Curry Paste 55
Thai Dessert 117
Thai Green Curry 69
Thai Rice 103
Thai Salad 11
Thandai 6
Tomato Paste 55
Tomato Relish 51
Tomato Sauce 61
Tomato Timbales 71
Trifle 124
Triple Sundae 109
Triple Temptation 125

U

Uppama 46

V

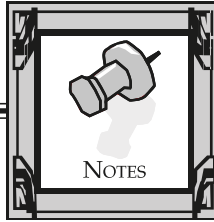
Vanilla Pudding Mix 122
Vegetable Au Gratin 91
Vegetable Beans And Lentil Curry 73
Vegetable Cutlets 46
Vegetable Fritters 45
Vegetable Lasagne 90
Vegetable Makhnwala 74
Vegetable Samosas 45
Vegetable Sizzlers 76
Vegetable Stock 23
Vegetarian Burgers 46
Vegetarian Omelette 38
Vermicelli Pudding, Indian 111
Vermicelli Treat 84
Vinaigrette Dressing 59

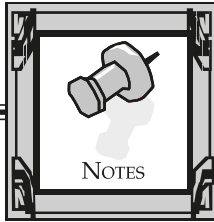
W

White Sauce 61

Y

Yogurt Curry 78
Yummy Yam 85





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